

Fitness for Moms

Take care of yourself during pregnancy with the help of the Mercy Cardiac Fitness Center.



Benefits of prenatal exercise:

- Improves cardiovascular fitness, giving you more stamina
- Helps manage weight gain and water retention
- Strengthens muscles to help minimize back discomfort
- Improves mood and energy levels
- Allows for easier labor and faster post-partum recovery

The Mercy Cardiac Fitness Center also offers a personal consultation to help you exercise safely during pregnancy.

Cost: \$38.25

Physician consent is required. To register or for more information, call **(608) 755-7996**.

[MercyHealthSystem.org](https://www.MercyHealthSystem.org)

