

Bodybump medical clearance

Dear Doctor

Bodybump is a carefully designed program that provides exercise classes and fitness advice for pregnant women. It is provided by instructors who have specific training on the particular requirements and limitations of pregnant women. It provides gentle low impact exercise in keeping with the advice provided by Better Health Victoria, RANZCOG, RCOG and ACOG guidelines.

Exercise is safe for most women in pregnancy, but contraindications would include, for example; significant maternal health conditions (severe cardiac or respiratory disease), or high risk pregnancies (multiple pregnancies, cervical weakness or history of preterm labour, placenta praevia, persistent bleeding, ruptured membranes, IUGR or pre-eclampsia).

We gratefully request that you sign the following statement prior to your patient commencing exercise classes with us.

Re: _____ (patient name):

I am unaware of any conditions or risk factors that would be a contraindication to her exercising in pregnancy.

Signed:

Practitioner: Obstetrician / GP

Name:

Date:



bodybump