

Doctor's Note of Approval

This form is intended for the Health Care Provider's consent for you to participate in Moms Into Fitness™ activities and exercises.

Patient's Name

Date

I consent to the above named patient's participation in the Moms Into Fitness™ exercises and activities. These exercises and activities include, but are not limited to, 1st Trimester with Lindsay Brin workout DVD, 2nd Trimester with Lindsay Brin workout DVD, 3rd Trimester with Lindsay Brin workout DVD, Postnatal Boot Camp workout DVD with Lindsay Brin, Lindsay Brin's Boot Camp 2, Core Fitness for Moms, Moms Into Nutrition guide and Stroller Pump. The prenatal DVD's include 25-35 minute interval workouts using aerobics and moderate strength training, as well as a 20-25 minute prenatal yoga segment. The 1st Trimester DVD includes an optional core section, 2nd and 3rd trimester also include optional core sections but do not include any supine positions.

The Boot Camp DVDs include ten minute interval training workouts using weights, kickboxing and body resistance training as well as three minute core segments using Pilates and floor work. Core Fitness for Moms includes cardiovascular and strength training based on using the pelvic floor and transverse abdominus. Moms Into Nutrition by Stephanie Young, R.D. includes tips on preparing your body for pregnancy, eating for mom and baby and losing the baby weight postpartum. Stroller Pump is a postnatal activity for mom and baby. Exercises include body resistance training, resistance training, aerobics and core training for mom.

All pregnant women are reminded throughout the DVD's to stay between a 5 & 8 (American Council on Exercise) on the Modified Borg Scale. This scale is on the following page.

For further information on Moms Into Fitness™ exercises and activities please contact Lindsay Brin, Creative Director & Vice President of Moms Into Fitness at lindsaybrin@yahoo.com.

Physician's Signature

Date

Physician's Name (Please Print)

Pregnancy Intensity Scale

0	Nothing	The feeling you have at complete rest.
1	Very Light	Activities like getting dressed.
2	Fairly Moderate	Feeling you might get while walking to the mailbox.
3	Moderate	Slightly elevated breathing. You should be able to talk while walking.
4	Somewhat Hard	Walking briskly, but still somewhat comfortable.
5	Difficult	Like rushing out the door.
6	More Moderate	Deeper breathing.
7	Moderately Hard	Breathing even deeper, but can sing a verse or two.
8	Hard	Slightly tiring. Still speaking full sentences.
9	Very Hard	Feeling fatigue. Breathing hard.
10	Maximal	All out exercise. Could not maintain for more than 30 seconds.

The American Council on Exercise recommends you stay between a 5 & 8 on your intensity scale. So make sure you are not working too hard and you can speak a full sentence while exercising during pregnancy.