

Client Testimony

When I found out I was pregnant, it was exciting. I had been active for my whole life and Heavy Haulers, was a part of my weekly exercise routine. So, I spoke to Neale and Craig as soon as I found out I was pregnant and discussed with them what precautions to take, and how to go about continuing my exercise throughout.

At the start it was a challenge, being tired and suffering morning sickness for about 15 weeks; I continued to enjoy participating in Heavy Haulers as the weeks went on, and it got easier as my energy levels started to increase.

Throughout my pregnancy I gained a total of 12 kilos, and by the time my daughter was 10 weeks, I was back to my pre-baby weight. I was also walking and started back at Haulers when she was 6 weeks old. I attribute all this to my on-going training with Heavy Haulers all the way through my pregnancy.

My only advice is to make sure that you wear your heart rate monitor and keep the lines of communication open with the trainers throughout. I really enjoyed the challenge and I think it has made for not only a stronger healthier mum, but also a stronger healthier and happier baby!

