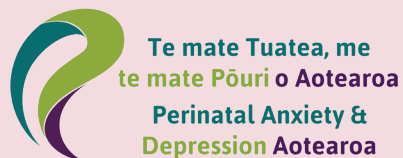




Passionate. Qualified. *Real.*

Renee and Jenna are both full-time mothers, with five children between them, and value sharing their motherhood journey with their community. More than ever, they understand the power of movement to improve physical wellness and mental health.

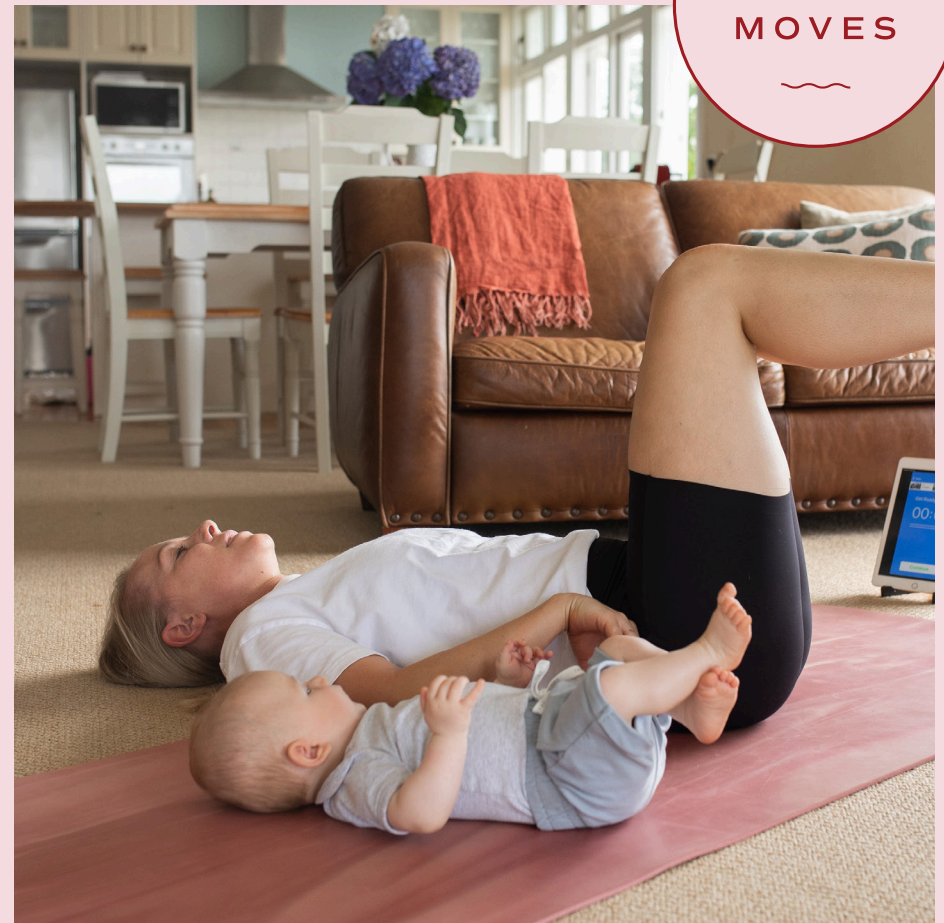
PROUD PARTNERS OF



SHE MOVES FITNESS COLLECTIVE

Supporting kiwi mums with their physical and mental health

SHE
MOVES



Online fitness for kiwi mums

PRE AND POSTNATAL ONLINE FITNESS

Renee & Jenna are supporting Kiwi mums with their physical and mental health through their online fitness community – *She Moves Fitness Collective*.

Run by highly qualified Personal Trainers specialising in pre and postpartum exercise Renee & Jenna offer a range of pre and postpartum online workouts including; pregnancy & postpartum yoga, low impact pregnancy strength & postpartum pelvic floor & core restore classes.

Ren, Jen & their team deliver 12 live workouts every week inside their private member Facebook group to thousands of Kiwi mums. The programme is just \$10 per month and allows mums to workout in their own space, at their own pace with guidance and support. No baby sitters required!

KIWI MUMS DESERVE BETTER

1 in every 3 mums will suffer from pelvic floor dysfunction and or prolapse after giving birth, many will also have diastasis recti (abdominal separation) unfortunately in New Zealand

very little guidance is provided to mums on how to return to exercise safely with these common postpartum injuries.

Returning to exercise is an excellent tool to help with mental health however navigating what to do and where to start can be really overwhelming. At She Moves we're making it our mission to educate, empower and support mums on their return to exercise helping them to rehab properly and get back to doing the exercise they love!



[SHE-MOVES.CO.NZ](https://she-moves.co.nz)  

