



Fit for Two

Strong moms, healthy babies.

Research shows that exercising regularly during pregnancy is effective in addressing particular needs of the mom-to-be. Fit for Two helps prepare you for one of the biggest physical challenges in a woman's life. This program offers a variety of exercise options specifically geared to help you prepare for childbirth, while also providing fun, social interaction and support.

Program offerings include:

- Complete member access to the UT Health East Texas Olympic Center Tyler.
- Ongoing exercise programming and guidance from a certified prenatal exercise specialist.
- Access to the Fit for Two exercise class, held twice weekly.

Program cost:

- The program fee is \$55/month for non-members and \$10/month for current UT Health Olympic Center members.

How to enroll:

- Present a completed prenatal physician release form to a fitness team member at the second-floor fitness center in Tyler.
- Participants will be contacted by our program coordinator to schedule an initial consultation.*



UTHealth
East Texas
Olympic Center

**Program participants must complete an initial consultation with our certified prenatal exercise specialist.*