



## Williston Medical Center



Dear New Mother,

At the moment you are reading this it may or may not be the time to be thinking about exercise. There may be a newborn in your arms and your sleep deprivation has you groggy and in a daze. When the time is right, you will ultimately need to get up and get moving again. Research shows that exercise postpartum can improve your sleep, boost energy, strengthen and tone abdominal muscles and prevent postpartum depression. You can find a wealth of other information about the benefits of postpartum exercise by talking with your Doctor or visit the American Congress of Obstetricians and Gynecology website [www.acog.org](http://www.acog.org).

To help facilitate an increase in your daily activity, CHI St. Alexius Health has partnered with the Williston Area Recreation Center to bring all of our new mothers a special opportunity as you recover. When approved by your provider, please present this certificate to the Guest Services desk at the Williston Area Recreation Center for a complimentary one-month membership.

Sincerely,

\_\_\_\_\_

Provider Endorsement

**Membership Information** - Please complete the information below to receive your complimentary WARC one-month membership. We will not utilize this information for solicitation of any kind.

Mother's Name: \_\_\_\_\_ Baby's Name: \_\_\_\_\_

Mother's Date of Birth: \_\_\_\_\_ Baby's Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_ (we do email receipts and confirmations)

***Just a couple of notes:***

Walking Strollers are encouraged at the WARC! Please feel free to bring baby anywhere you would like with the exception of our weight room area.

The WARC has many impact friendly fitness class options including: Stroller Fitness Class, Yoga, Forever Fit and Aqua Classes