



Pre & Post Natal Fitness Specialist

Scope of Ability

A Can-Fit-Pro certified Pre & Post Natal Fitness Specialist is qualified to:

- Teach the specific needs and abilities with regards to physical fitness before, during and after pregnancy within the boundaries of information provided in the Pre & Post Natal Fitness Specialist program.
- Work directly with a health care professional using the PAR Med-X for pregnancy documents developed by Health Canada to receive medical guidance when developing an appropriate pre and post natal exercise plan.
- Inform participants or clients about appropriate exercise choices before, during and after pregnancy.
- Refer clients to a qualified professional should they require specific information on all issues relating to pregnancy.
- Promote the benefits of regular physical activity combined with a healthy and balanced diet using Canada's Physical Activity Guide as a reference.
- Provide emergency care based on the participant needs (contact EMS, provide Emergency First Aid or CPR).

As a certified Fitness Instructor for Pre & Post Natal Fitness, I agree to provide a safe and effective group exercise class that provides appropriate exercise selection and intensity to meet the individual needs of each pre & post natal woman in the group.

As a certified Personal Trainer for Pre & Post Natal Fitness, I agree to provide a safe and effective individual exercise program that provides appropriate exercise selection and intensity to meet the individual needs of each pre & post natal client.

As a certified Pre & Post Natal Fitness Specialist (PFS), I agree to respect my role, abide by the Code of Ethics and work within my Scope of Ability at all times.

I recognize that failure to follow this Scope of Ability will result in immediate removal of my PFS certification designation.