



Preggi Bellies Exercise DVD For Pregnancy Now Available Through Fertile Mind

Australia's most successful pregnancy exercise program, Preggi Bellies, is now available on DVD.

For Immediate Release

SEAFORTH, NSW/EWORLDWIRE/Oct. 23, 2006 --- Every woman deserves access to quality fitness training throughout her pregnancy. Preggi Bellies was established in 1998 by physiotherapists and mothers of three, Lauren Gabriel and Michelle Gray.

Now viewers can actively improve strength, fitness and overall well being throughout pregnancy, creating a healthier life habit. Suitable for women of all fitness levels from pre-pregnancy to delivery and post-natal recovery, this exercise program for pregnancy utilises Preggie Bellies mediBalls(TM) for an all round cardiovascular and strength work out.

"It is really important to exercise during pregnancy. Preggi Bellies was great for me - it was fun, safe, helped me maintain fitness and mobility and required no sporting skill," said OB/GYN Dr. Shelly Rowlands.

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