

STRENGTH FOR EVERY CHAPTER

Strength training, nutrition coaching and connected support before, during and after pregnancy.

One Connected Experience

Supporting and educating women through individualized strength training, practical nutrition coaching, and a trusted network of professionals whose expertise can enhance their pregnancy and postpartum experience.

STRENGTH

- Individualized programming
- Thoughtful modifications
- A progressive path back postpartum

NUTRITION

- Practical education
- Sustainable routines
- Consultations with Josie

CONNECTION

- Pelvic health
- Counseling and recovery support
- Trusted local specialists

OUR PROMISE

Meet you where you are. Help you stay strong for what comes next.

Your coaching team

Josie brings together strength coaching and certified nutrition expertise, while the full Leverage coaching staff supports the training plan. When clinical or specialized care is needed, we connect clients with professionals in our local network.

Support through three stages

Your plan should evolve as your body, energy, symptoms, schedules, and medical guidance change.

1 | PREPARING

- Strength training
- Nutrition
- Support for natural conception or IVF journeys

2 | PREGNANCY

- First-, second- and third-trimester adaptations
- Nutrition that adjusts with you
- Pelvic-health support

3 | POSTPARTUM

- A guided return to strength
- Support after vaginal birth or C-section
- Nutrition, pelvic health and counseling

What stays consistent

- Your training remains individualized - there is no one-size-fits-all pregnancy workout.
- We use your medical team's recommendations, your training history and how you feel to guide modifications.
- Nutrition coaching focuses on education, habits and realistic strategies, not perfection.
- We make referrals when a question or need belongs with a licensed health-care professional.
- Progress is measured by confidence, consistency and capacity - never by pressure to 'bounce back.'

START ANYWHERE

You do not need to have trained with us before pregnancy to begin the conversation. We will start with your current needs and build from there.

Preparing for Pregnancy

Whether you are considering natural conception or pursuing IVF, this stage is an opportunity to establish supportive training and nutrition routines before pregnancy.

Strength training

- Build or maintain full-body strength with programming matched to your experience.
- Develop movement confidence and sustainable consistency before life and energy demands change.
- Create a baseline that helps your coach recognize when future adaptations are useful.

Nutrition

- Review current routines, preferences, schedule and barriers with Josie.
- Focus on practical meal structure, hydration and consistent fueling habits.

Natural conception and IVF

Your experience may affect energy, comfort, schedule and training tolerance. Share only what you are comfortable sharing. We will adapt coaching around your medical team's instructions and avoid making assumptions about your path.

COMPLIMENTARY SUPPORT

Schedule one free nutrition consultation with Josie when you are thinking about becoming pregnant or are recently pregnant.

During Pregnancy

Pregnancy changes over time - and sometimes from day to day. Your coach will modify the plan based on current guidance, individual comfort, symptoms and any limitations or restrictions from your medical team.

First trimester	Establish communication, track energy and symptoms, and adjust volume, intensity or exercise selection when needed.
Second trimester	Continue appropriate strength work while adapting positions, range of motion, loading and recovery as your body changes.
Third trimester	Prioritize comfort, confidence and daily-life strength; continue adjusting setup, volume, rest and movement choices.

Beyond the workout

- Nutrition: adapt routines as appetite, preferences, nausea, schedule and fueling needs change.
- Pelvic health: we recommend establishing care with a pelvic-floor physical therapist early so you have a specialist to call on throughout pregnancy and recovery.
- Hormonal changes: we can provide general education about how pregnancy and postpartum changes may affect training and recovery; medical concerns belong with your licensed care team.
- Communication: let us know when something feels different. Your program can change without judgment or a fixed timeline.

Postpartum

Recovery is individual. Timing and progression may differ after a vaginal birth or C-section and should reflect your healing, symptoms, sleep, daily demands and clinical guidance.

1 | RECOVER

- Follow your medical team's guidance
- Reconnect with pelvic-health care
- Allow recovery to be individual

2 | RETURN

- Begin after appropriate clearance
- Start with one-on-one coaching
- Relearn movement without pressure

3 | REBUILD

- Progress volume and load gradually
- Adjust around symptoms and recovery
- Build capacity for real life

Your postpartum support

- Guidance on how and when strength training can be reintroduced, within your medical team's recommendations.
- Programming that accounts for the different recovery considerations of vaginal birth and C-section.
- A complimentary postpartum nutrition consultation with Josie.
- Pelvic-floor physical therapy and postpartum counseling referrals when helpful.
- A steady path back to training that respects your goals without imposing a deadline.

INCLUDED WITH LEVERAGE

Receive four free one-on-one personal training sessions postpartum to help you transition back into the gym after appropriate medical clearance.

Referral Network

Our role is to provide excellent strength and nutrition coaching while connecting you with trusted specialists for needs outside our scope.

Restore Physical Therapy

Physical Therapy & Pelvic Health

<https://www.restorethefloorpt.com/>

Susanna Vargo

Perinatal Mental Health

<https://www.susannavargo.com/>

Ella Cuda

Reformer Pilates

<https://studiowrenphl.com/>

Avvonlea Gonzales

Massage Therapy

<https://www.lvrgfit.com/massage-therapy>

Blossoming Bellies

Wholistic Birth Services

<https://www.blossomingbelliesbirth.com/>

New Mom School

<https://newmomschool.com/>

Tell us early. We will adapt with you.

If you are thinking about becoming pregnant or are recently pregnant, please tell a member of the coaching staff privately. We will treat the information with discretion and share it only as needed to support your coaching, consistent with our privacy practices.

Preconception or recently pregnant	One free nutrition consultation with Josie.
Throughout pregnancy	Workout modifications based on current exercise guidance, your individual needs and any limitations or restrictions recommended by your medical team.
Postpartum return	Four free one-on-one personal training sessions to help you return to the gym after appropriate medical clearance.
Postpartum nutrition	One free postpartum nutrition consultation with Josie.

YOUR NEXT STEP

Start a private conversation with your coach or schedule your complimentary nutrition consultation with Josie.

Important

This guide is for general education and program information. It is not medical advice and does not replace care from your obstetric clinician, physician, registered dietitian nutritionist, pelvic-floor physical therapist, mental-health professional or other licensed provider. Exercise and nutrition decisions should reflect your health status, symptoms, clearance and individualized clinical recommendations.

LEVERAGE FITNESS

Rittenhouse | Philadelphia, Pennsylvania | lvrgfit.com