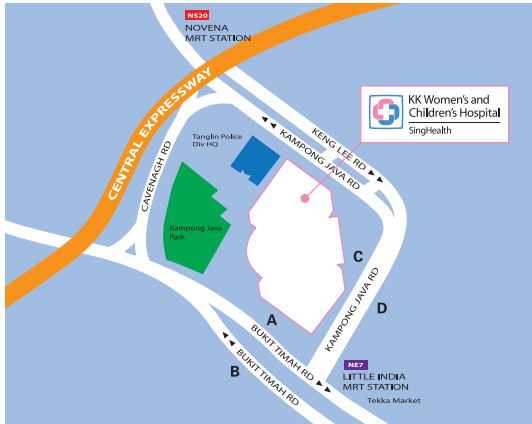


## Getting to KKH



**Free Shuttle Bus Service** is available on Monday to Friday (except Public Holiday).

### **Novena MRT Route:**

Pick-up point – Vehicle pick-up point outside Square 2.

### **Bugis MRT Route:**

Pick-up point – Bus-stop outside MRT Exit A, along Victoria Street.

**Bus services**

- A:** 48, 66, 67, 170, 960
- B:** 48, 66, 67, 170, 960
- C:** 56, 57, 166, 851, 980
- D:** 56, 57, 131, 166, 851, 980

**The taxi stand** is located at Basement 1, in front of the forecourt.

**The carpark** is located at Basement 2.

### **Carpark Charges**

#### **Monday to Saturday:**

\$1.80/ hour (from 6.00am to 6.00pm)  
\$12.00 nett (for 12-hour parking)  
\$2.00/ entry (from 6.00pm to 6.00am)

#### **Sunday and Public Holiday:**

\$2.00/ entry (full day)

**Valet parking** service is available at Basement 2.

The service is free and you only need to pay for the parking charges stated above.



Rehabilitation Department  
Basement 1, Children's Tower  
100 Bukit Timah Road  
Singapore 229899  
Tel: +65 6-CALL KKH (+65 6-2255 554)  
Fax: +65 6-2937 933

Website: [www.kkh.com.sg](http://www.kkh.com.sg)  
Reg No 198904227G

ORHpf0111



# Pre/ Postnatal Fitball Exercise



Fun for  
pregnant  
moms

PATIENTS. AT THE HEART OF ALL WE DO.

Pre/ Postnatal Fitball exercise is specially designed for expectant women and new mothers. Conducted by physiotherapists specially trained in fitness and women's health, the programme is safe and effective in giving mothers and mothers-to-be a good workout.

#### Benefits

- Core stability and strengthening**

To brace and support the spine, shoulder and pelvis.

- Posture and balance**

Help maintain good balance to prevent muscle imbalance and improve stability.

- Posture and balance**

To strengthen the pelvic floor muscles to prevent incontinence.

- Mobility and flexibility**

To prevent joint stiffness, muscle tightness and the risk of injury.

- Sense of well-being**

Increased ability to cope with demands of pregnancy and delivery, easier labour and faster recovery from birth.

#### It's safe

Safe, beneficial and enjoyable exercise programme.

#### It's easy to exercise

Maintain or achieve a suitable level of physical fitness.

#### It's educational

Advice on pregnancy, benefits and safety of exercise.

#### It's fun

Exercise and interact with other expectant mums and new mothers.

#### Preparation for exercise classes

- New mothers may join the classes six weeks after delivery.
- If you have any medical problem, please consult your doctor before starting the exercise programme.

#### Attire

Wear shorts/ tights, loose T-shirt, supportive bra and comfortable exercise shoes with socks.

#### Date & Time

Saturdays, 11.00am to 11.45am

#### Cost

\$89.15 for 4 sessions (inclusive of GST)

#### Venue

KK Women's & Children's Hospital Gym, Rehabilitation Department, Basement 1, Children's Tower.

#### Registration

Yes! I would like to sign up for the Pre/ Postnatal Fitball Exercise programme.

Name: \_\_\_\_\_

IC No: \_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

Contact No: (H) \_\_\_\_\_ (O) \_\_\_\_\_

(H/P) \_\_\_\_\_

#### Payment:

Cash

(Patient Education Centre, Level 1, Women's Tower)

Cheque

(to be crossed and made payable to KK Women's and Children's Hospital)

Please send registration form and cheque payment to :

#### KK Women's and Children's Hospital

Patient Education Centre

100 Bukit Timah Road

Singapore 229899

Visa/ Mastercard

Credit Card no: \_\_\_\_\_

CW (3 digits): \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Amex

Credit Card no: \_\_\_\_\_

CW (4 digits): \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Signature: \_\_\_\_\_

For credit card payment, please fax to Patient Education Centre at fax: +65 6394 1267.