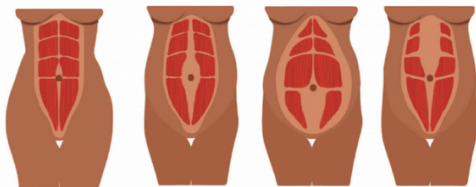


What is Diastasis Recti?

(Pronounced "Die-a-sta-sis")

Different Variations of Diastasis Recti



Normal / No Diastasis Open Diastasis Open Below Navel Open Above Navel

It is the separation of the abdominal muscles. When separated, the connective tissue, which joins the abdominal muscles, is stretched from side to side. This stretching makes the connective tissue thinner and weaker. As a result, your internal organs are no longer properly supported and may cause the following issues.

Signs & Symptoms

- Protruding belly
- Postpartum depression
- Lower back pain
- Body insecurity
- Pelvic floor issues (urine leakage, painful sex, uterine prolapse)
- Digestive issues (bloating, constipation, IBS)
- Weak abs
- Hernia

Our Mission

Our mission is to educate and empower postpartum mothers in naturally healing and strengthening their bellies after childbirth.

D. Amaadi Coleman

M.A., CPT, GEI, TTTP

The Belly Therapist®

Chief Belly Officer at Fit Tribe Wellness



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Join the Belly Therapy Facebook Group



Powered by Fit Tribe Wellness

BB BELLY THERAPY

Love Your Belly. Find Your Confidence.

Helping mothers flatten and strengthen their midsections.

www.fittribewellness.com



Our 6-Week Program

During the six weeks, you will strengthen the abdominal muscles and connective tissue as well as restore support to the belly button as the separation closes. As a result, you will gain a flatter and stronger midsection as well as increased core awareness and support that you need for the physical demands of life postpartum.

Key Strategies include:

Positioning, protecting, and strengthening exercises for your midsection.

You will learn:

- How to do complete a self-check to identify your ab muscle separation
- Proper breathing exercises and body alignment
- Core awareness for the physical demands of life postpartum
- Separation safe exercises and those to avoid



Belly Therapy Is For You, If...

- You have weak ab muscles
- You want to learn PROVEN techniques from a certified professional
- You suffer from low self body confidence, lower back pain, digestive and pelvic floor issues
- Other treatments were unsuccessful with closing your ab muscles and addressing other symptoms.

The Results:

Upon successful completion of the program, symptoms may diminish (if not entirely disappear). Based on your level of commitment and the size of your ab muscle separation, you may have a completely healed belly and stronger midsection within weeks!



Benefits of Belly Therapy

- Flatter and stronger midsection
- More body confidence
- Reduced lower back pain
- More core awareness
- Stronger pelvic floor
- Less digestive issues
- Restored support to midsection organs

Belly Therapy Packages

Offered In-person and Virtual

Individuals (\$499)

Groups 4-8 (\$399 each)

Package Includes:

- 3 Belly Therapy sessions
- 2 Belly Binders
- A Weekly Guidebook
- An Online Video
- Weekly support
- And access to the Belly Therapy Private Facebook Group

**BELLY
THERAPY**

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