

# Spot RCT Case Study

## Getting adults more active: Made for Mams at Sobell Leisure Centre

The Made for Mams programme at Sobell Leisure Centre provides exercise opportunities for women during pregnancy and the early postnatal period. Two classes are delivered each week – Aqua Natal Yoga, and Post Natal Fitness. The classes are designed to be welcoming, relaxed, and accessible to women of all abilities.

The Aqua Natal class aims to improve physical wellbeing, build confidence in movement during pregnancy and recovery, and create a supportive environment where mothers can connect with others going through similar experiences. Participants are encouraged to move at their own pace, which helps ensure women feel comfortable, particularly those who may feel uncertain about exercising at this stage of life. The physical health benefits of the class are particularly evident for those experiencing pelvic girdle pain. Several women attending the sessions reported significant improvements in mobility and pain management after participating regularly. In some cases, women who initially required crutches or struggled to walk experienced noticeable improvement after only a few weeks.

Following Aqua Natal sessions, mothers can progress to the Bubbles class, which takes place immediately afterwards, and is suitable for babies aged three months and over. Participants are also

signposted to the Post Natal Fitness class, and other appropriate mainstream activities. This pathway supports women to continue their physical activity journey long term. 10 mothers who attended Aqua Natal have become Leisure for Life members, with several family members also joining as a result. 5 children have progressed into the Bubbles sessions, giving them a great start to their physical literacy journey.

Alongside the physical benefits, the classes provide an important opportunity for social connection, allowing pregnant women and new mothers to meet others locally and build supportive friendships. Many women attending the classes have formed friendships and peer support networks, including WhatsApp groups and regular social meet-ups. For some mothers, the sessions provide a valuable opportunity to build a community.

*“Aquanatal yoga is one of the first activities I advise my patients on. They find it helps decrease pain and build strength and confidence moving through their pregnancy and preparing them for labour. It is one of the best resources we have in RCT for people who are pregnant or in the postnatal period.”*

*Physiotherapist*

 **10**  
new Leisure for  
Life members

 **100%**  
are now more  
active, more often

 **100%**  
intend to continue  
taking part

 **100%**  
feel healthier

 **100%**  
feel more  
confident

 **100%**  
feel happier

 **100%**  
made new friends

