

Motherwell Maternity Fitness Plan Bonnie Berk

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Motherwell Maternity Fitness Plan Bonnie

Bonnie Berk, RN, CES, CPFT, Motherwell founder, has received training in nursing, childbirth education, personal fitness, and health education. Berk, a pioneer in maternity fitness, developed the ...

~~Bonnie Berk, RN, CES, CPFT~~

so the typical pregnant woman hasn't exercised prior to pregnancy," says Bonnie Berk, creator of MOTHERWELL, a pre- and postnatal fitness program offered throughout the United States and abroad.

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