



# Tummy Team Fitness Professional Pledge

As a Tummy Safe Fitness Professional, I pledge to:

- Foster awareness and education on functional core weakness conditions like diastasis recti, pelvic instability, stress incontinence, and pelvic organ prolapse.
- Offer a comprehensive assessment including diastasis recti assessment of each client prior to developing a fitness program and while progressing clients toward their fitness goals.
- Apply the education I learned from The Tummy Team and Fit2b related to Tummy Safe fitness guidelines and practices with all my clients.
- Provide an environment of restoration and functional health and never encourage clients to power through pain and dysfunction.
- Never stop learning and commit to referring clients to additional resources if their symptoms require treatment beyond my scope of practice.
- Be a resource in my community for Tummy Safe Fitness.

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THE TUMMY TEAM

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THE PROFESSIONAL