



## The Pregnant Athlete Resource Guide

Whether you're a CrossFit affiliate owner, coach, or athlete, the pregnancy bundle will help you confidently navigate training for the pregnant athlete. Use these resources to educate coaches, share with pregnant members, or use them in your pregnancy journey. At CrossFit Roots, we share these resources directly with pregnant members and have included sample communication. Enjoy!

### Resources

Article, [Pregnancy: A Practical Guide for Scaling](#) by Nicole Christensen

[Video](#), A Roots member explains why she continued with CrossFit training throughout her pregnancy, and why she recommends other moms-to-be do the same.

Podcast, [CrossFit and Pregnancy: Coaching and Scaling Tips](#)

Guide, [Modification or Scaling Recommendations by Movement](#)

### Sample communication to pregnant athlete

*After we learn that an athlete is pregnant, we send this email to them that includes a list of pregnancy resources and an offer to meet with a coach.*

Hi <Athlete Name> ,

How are you feeling? How have the past few weeks been?

Here is our go-to list of pregnancy resources. After you've had some time to review them, let me know if you want to schedule a meeting or talk on the phone.

Resources:

Here's an [article on pregnancy and training](#) that reflects our approach.

Here's a [video](#) CrossFit did on one of our pregnant Moms.

Here's a [podcast](#) on where we talk about scaling and modification during pregnancy.

Here's a [link to our scaling/modification guide](#). It was also published in the Journal.

The coaches are well-versed in scaling and modifying for pregnancy, so don't hesitate to chat with them before the start of class, and we can make sure you get what you need.

See you in class,

<Name>