

# CERTIFICATE OF ACHIEVEMENT

This is to recognise that

*Amanda Watt*

has been successfully awarded the

## **Level 3 Award in Teaching Pre & Post Natal Clients**

In achieving this qualification the recipient has demonstrated knowledge in how to

Programme safe and effective exercise sessions for pre and post Natal clients  
Physical activity, health and nutritional considerations for pre and post natal clients

*Joanne Cobbe*

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Joanne Cobbe

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