

PRE AND POSTNATAL EXERCISING

Exercise is very beneficial during pregnancy, but pregnancy is not the time to begin a new and or vigorous routine and your goal should be strength and flexibility, not weight loss. Exercise can help relieve back pain, strengthen muscles in preparation for labor, increase flexibility and aerobic endurance, increase energy and, very importantly, just make you feel good while your body is going through lots of changes.

Things to avoid in Prenatal Exercise

- Heavy bouncing
- Arching your back
- Laying on your back after your 4th month
- Bringing your feet over your hips in the air
- Holding your breath
- Overheating and dehydration
- Exercising at high intensity
- Sit-ups beyond 45 degrees



Suggested Prenatal Exercises

- Walking
- Swimming
- Low impact aerobics – recumbent bike, elliptical
- Wall pushups
- Side leg lifts, Rear leg lifts – either standing or on your side
- Lunges and squats
- Light arm weights or resistance band work with upper body – rows, flies
- Planks
- Pelvic Tilts
- Core pull ins on a wall
- Slow, comfortable stretching – hold for 20 – 30 second counts



Suggested Postnatal Exercises

- All prenatal exercises
- Gradually add core exercises on back after 4-6 weeks – pull core to floor
- Increase intensity and duration of aerobic exercise for weight loss
- Include high-impact activities again – running, high-impact aerobics

