

Exercise

...for you and your baby.



Labor requires **STRENGTH** and **STAMINA**

Exercise brings:

- **Stress reduction**
- **Increased energy**
- **Flexibility**
- **Aids digestion**
- **Better sleep**
- **Healthy baby (heart)**
- **Strong abs = good posture = better birth**
- **Reduce postpartum soreness!**

It is never too late to begin an exercise routine. Ideally, a pregnant mother should exercise for 30 minutes each day. Try for at least 4-5 days per week. Start slow, and build your way up to exercising most days. Here are some ideas:



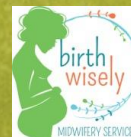
Walking – a brisk 30 minute walk. It's cheap!

Swimming – try water aerobics. Swimming is great for optimal fetal positioning.

Equipment – a treadmill, elliptical machine, or spinning.

Aerobics – try a prenatal aerobics course or DVD.

Yoga – find a prenatal class. Yoga breathing can help during childbirth.



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Exercise Guidelines

- ❧ Consult your midwife
- ❧ Aim for 30 min. 5-7 days/week
- ❧ Stretch!
- ❧ Core temp not above 101°
- ❧ Lying on your back for limited time
- ❧ Continue routine and modify as your baby grows
- ❧ Balance and pay attention

Tips for Success:

- ❧ Workout with a friend or partner
- ❧ Journal your exercise daily
- ❧ Take a prenatal class
- ❧ Do something you LOVE
- ❧ Set goals for yourself
- ❧ Consider your barriers to daily exercise and make a plan to work around them
- ❧ Check out YouTube videos for FREE:
 - 10 minute Prenatal Pilates Part 1-4
 - Prenatal Yoga Routine with Lara Dutta
 - Modern Mom Fitness



Prenatal yoga may be done at home or in a class.

Warning Signs!

- ✓ Vaginal leaking or bleeding
- ✓ Dizziness/light-headed
- ✓ Chest pain
- ✓ Severe headache
- ✓ Severe weakness or fatigue
- ✓ Severe swelling
- ✓ Contractions (persistent)

Reference:

Olson, J., Immel, K., Peternell, S. (2014). *Prenatal wellness: Guide to a healthy pregnancy*. Parker, Colorado: Plumtree Baby.