

Fitness During Pregnancy

*Your complete Fitness
Guide*



Introduction

Exercise has proven benefits during pregnancy and preparing for birth. Keeping fit during your pregnancy can improve your experience by reducing back pain and help you maintain a healthy self-image. In this eBook, you will learn the exercise during pregnancy guidelines as well as the physiological changes so that you can have a happy and healthy pregnancy.

Disclaimer

This eBook is not intended to replace medical advice or to be a substitute for a physician. All matters regarding your health require medical supervision. The author disclaims any liability, loss or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use and application of any contents of this manual.



Pregnancy & Exercise

Benefits of physical activity during exercise

- *Ease some of your aches and pains
- *Promotes healthy weight gain (20-35 pounds is recommended for the average woman)
- *Prevents Gestational Diabetes
- *Prevents pregnancy induced hypertension
- *Prepares your mind and body for labour and delivery
- *Helps postpartum recovery



Choosing Your Environment

When choosing your workout environment, it is important to avoid working in overly hot or humid climates. Your progesterone is elevated during pregnancy and working out in these conditions will increase your core temperature. Your recommended core temp is 38.

As your pregnancy progresses, so does your heart rate as your blood supply increases. Exercising on flat surfaces will help to prevent falling.

Contact sports like hockey are not recommended. Generally speaking, baby is quite safe but it's best to avoid anything that may result in direct impact. Not to mention, as your belly grows, your centre of gravity shifts.

*Avoid working out in places that are overly hot and or humid. Your progesterone levels are elevated during pregnancy which increase your core temperature. Exercising in the heat will increase your core temperature above the recommended temp (38).

*Exercise on a flat, stable surface to prevent falling.



Workout Precautions

*Avoid contact sports like kickboxing

*Avoid activities that require falling or quick changes in direction. As you belly size increases, so will your center of gravity. This may result in loss of balance.

*Avoid movements that require you to lay on your back after the 4th month (16 weeks). This affects blood supply to you as well as your baby.



What's Happening On The Inside

*Your blood volume will increase by 50%. One volume increase in each trimester

*Your resting heart rate will increase by 10-15 beats per minute.

*The amount of blood pumped from your heart increases by 30%

*Your centre of gravity will shift which may affect your balance. * *Use support when exercising and have a light snack beforehand to maintain your blood sugar levels

*The demand for glucose goes up for baby's development meaning that you need more calories throughout the day *Metabolism increases approximately 10-15%. ·

*Additional calories required per day: first and 2nd Trimester: 390 additional calories third Trimester: approximately 300 additional calories Breastfeeding Moms Postpartum: 500 additional calories

There is an extra need for water. Drink beyond thirst. Thirst is the first sign of dehydration.



Exercise Guidelines

If you were active before pregnancy, you can continue with your program. If you are new, it's best to start with a walking program. If you are in your first trimester and experiencing nausea, you may want to wait until your second trimester to exercise. Generally, most women find that they start to feel better and experience nausea less in the second trimester but every pregnancy is different. Your pregnancy will be different from week to week, so listen to your body.

Increase your warm up time to 10-15 minutes. It may take extra time to get your muscles warmed up, your cardiovascular system ready, and your joints prepared for exercise. Low impact movements like walking or riding a stationary bike are great for your warm up

Cool down should last for 10-15 minutes. Bringing your heart rate down is extremely important during pregnancy. You will need to decrease the intensity gradually and follow with 5-7 minutes of each muscle group that you have worked.



Exercise Guidelines

How To Assess Intensity

The talk test is the best way to measure. If you can carry on a conversation during your workout, that means your intensity is where it should be. If you are gasping for breath or you're unable to carry on a conversation, you need to decrease the intensity.



Exercise Guidelines

Special Considerations and When to Stop Exercising (according to the Canadian Society for Exercise Physiology)

Absolute Contradictions

- *Premature labour or ruptured membranes
- *Persistent second or third trimester bleeding or placenta previa
- *Pregnancy induced hypertension or preeclampsia
- *Incompetent cervix
- *Evidence of intrauterine growth restriction
- *Highorder pregnancy (triplets)
- *Uncontrolled Type I Diabetes, hypertension or thyroid disease, other serious cardiovascular, respiratory or systemic disorder.



Exercise Guidelines

Reasons to stop exercising immediately and seek medical advice

- *Excessive shortness of breath
- *Chest pain
- *Persistent or painful uterine contractions
- *Vaginal bleeding
- *Any “gush” of fluid from the vagina (suggesting premature rupture of the membranes)
- *Dizziness or faintness
- *Decreased fetal movement
- *Premature labour

Remember, it is always an excellent idea to speak with your doctor or midwife before you begin an exercise program and always listen to your body, even if there are no health concerns.



Your Posture

During pregnancy, as your body adapts, your posture may change. Your shoulders may become rounded and chest muscles tighten to compensate. Your pelvis may also tilt, putting pressure on your pelvic floor. You may even experience knee, leg, pelvic, low back and neck pain as the tension in the muscles increase due to the weight of your baby. You may even notice diastasis recti (ab separation) during your last trimester which can affect your comfort level during and after pregnancy.

Choosing exercises that encourage and maintain strength in your back, bum, and pelvic floor can reduce postural issues and muscle imbalances as well as relieve these discomforts. You will see a complete **“How to Exercise Appropriately in Each Trimester Guide” in the FITT section** by using this link

<https://docs.google.com/document/d/1I7c8uSqNtMhHCVB-jof7aWFJPatcYuKpa2mDfxT-oIo/edit?usp=sharing>



An Expected Breakdown Of Weight Gain

Baby	7.5 lbs
Maternal Fat Stores	5 lbs
Placenta	1lb
Tissue Fluid	6 lbs
Amniotic Fluid	2lbs
Breast Tissue	1 lb
Blood Volume	2lbs
Total	27 lbs



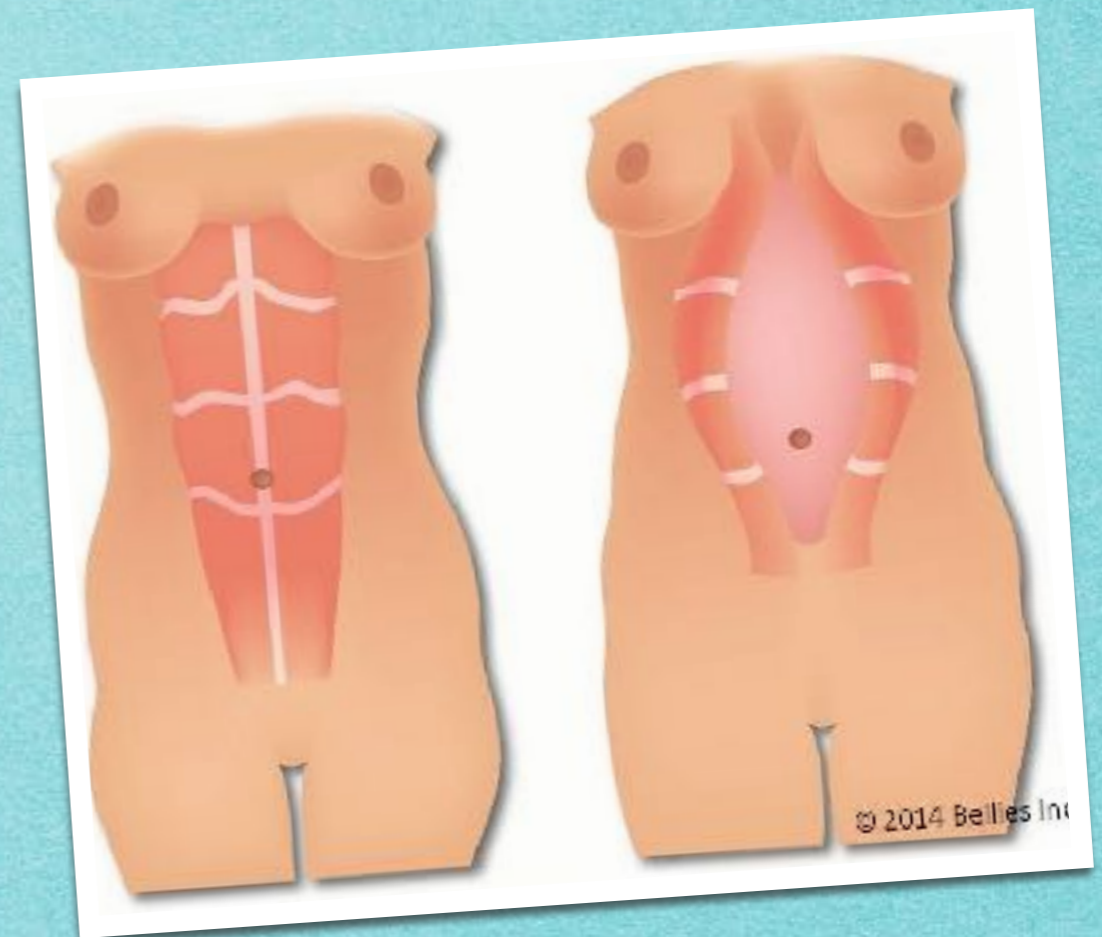
Congratulations!

Congratulations on your journey into motherhood. It's an amazing time in a woman's life and knowing how to stay safe during physical activity will not enhance your experience, but also will keep you and your baby healthy.

Remember to keep your core and pelvic floor in mind. During pregnancy, hormones and the weight of your growing baby put a great deal of stress on these muscle groups which leads to mild urinary incontinence. As baby grows, your abs begin to separate causing a condition known as Diastasis Recti. Preparing your body during pregnancy is your best defence for your postpartum recovery.

To discuss your fitness goals further, I welcome you to book a 30-Minute Fitness Strategy Session. This is completely free and there is no obligation to buy anything. This gives you the opportunity to delve a little deeper and get personalized suggestions regarding your fitness goals during pregnancy.

Feel free to contact me directly at:
terrellbaldock@momsfitnessboutique.com.



Meet Your Coach!

Terrell Baldock is a Pre & Postnatal Personal Trainer, Bellies Inc Certified Trainer, Certified Perinatal Support Practitioner, Nutrition Coach, and Fitness & Fertility Specialist. As a mom of 2, she is passionate about working with moms and showing them how to love their baby bodies just by taking care of themselves even if it's just a little a couple times a week.



A Final Note..

This really is just a taste of the journey towards being a vibrant and balanced mom. I am going to be very honest with you- attempting to figure out exactly how to exercise during pregnancy can be confusing with all of the opinions floating around out there. Getting expert advice will give you the confidence you need and that is so worth it.

Do something today. I would love for you to reach out to me on Facebook, Twitter, or Instagram and let me know how you liked **Your Guide to Fitness During Pregnancy** and let me know if there is anything I can do to help you. I read and respond to all of my emails personally because you deserve my attention and I truly do want to see you stay active and safe during your pregnancy. You can always email me too! My email is terrellbaldock@momsfitnessboutique.com. You can also find me on Facebook and Instagram.

All the best,

Terrell

