

Exercise & Lifestyle during Pregnancy

Please note, these are general guidelines only. Be sure to follow your health care professionals' advice and be aware of the official guidelines as they vary from country to country and are updated periodically.

Do's

Stay active and keep moving. Choose activities that you are familiar with rather than jumping into something new. Listen to your body and adjust to your needs day by day.



Become aware of "**good posture/ neutral alignment**" to avoid excessive load on your lower back (lordosis) and to keep your core muscles strong.



Maintain a FUNCTIONAL pelvic floor. It needs to be strong enough to support your internal organs and your pelvis but it also needs to be flexible enough to allow for delivery.



Use the "**log roll**" to ease the pressure on your linea alba and your pelvic joints when sitting up / lying down.



Work on strengthening the **glutes**. They support your pelvis!



Keep the spine moving and mobile.



Work on increasing **upper body strength** as you will need this when the baby has arrived and is putting on weight fast. If the upper body is strong you will be much better able to cope with all the lifting, lowering, holding, pushing and pulling that you will be doing! And it will help avoid back strain.



Stay hydrated!



Eat nutritionally valuable foods.



Prepare healthy meals you can freeze for your postpartum time to make it easier to eat healthily when you're tired.



Practice mindfulness and self-care to ease anxiety, tension and stress. This will be helpful at delivery and during your postpartum time as well.

Don'ts

Don't overexert yourself. You should be able to hold a conversation (talk test) during exercise. Avoid contact sports and activities that could cause falls.



From 16 weeks, don't lie on your back for a long time as it could impact the blood flow with the weight of the uterus pressing onto the main blood vessels.



Avoid exercises on your front - you probably won't feel comfortable anyway.



Avoid standing still for prolonged periods of time as your blood pressure can drop causing faintness. If sitting isn't an option keep the feet and legs moving.



Avoid uneven hip positions, such as sitting cross legged, leaning to one side, hoovering and twisting the hips etc. to help prevent pelvic misalignment / pain.



Don't exploit the loosening of your joints caused by increased relaxin levels. Keep the joints "soft" to protect the joints and encourage the muscles to do the work.



Avoid suddenly reaching high up as that could be too much of an uncontrolled stretch.



Avoid high altitudes and deep seas.



Avoid alcohol and caffeine



Avoid unhealthy quick fix snacks.



Find videos on these points at KN Pilates on YouTube.

www.KN Pilates.com

