

PREGNANCY

BENEFITS + TIPS + CONTRAINDICATIONS OF
WORKING OUT BY GOTIMETRAINING

TIPS

TO MAINTAIN
YOUR HEALTH
DURING
PREGNANCY

*from first to third
trimester.*

Congrats, you're Pregnant!

What you should and should not do
during your next 9 months. With review by
Dr. Dawne Lowden.



PLUS

A sample
workout you
can do at
home all the
way to your
3rd trimester.



“That is excellent! This is one of the best summaries I’ve seen”

“I would love for all of my patients to follow these suggestions; my work life would certainly be easier!”

-Dr. Dawne Lowden, MD, FACOG

Congrats you’re pregnant!

Ok, so maybe not everyone reading this is pregnant, you may just want some info, and well that is the main objective here. Pregnancy is very exciting and may be concerning as well.

You may have many questions regarding exercising, so I want to supply some answers and tips that may greatly help you.

Here is a common scenario.

Client comes in-

Client: *I have great news and bad news.*

Me: *ok, what is the news?*

Client: *I’m pregnant! (Happy face), so I’ll have to quit working out (sad face)*

Me: *That is amazing! Congrats! But why quit working out? Is everything ok?*

Client: *Yes, everything is great. I just figured I couldn’t exercise anymore since I’m pregnant?*

Me: *No, unless directed by your doctor, there is no need to quit. In fact it can be better for you and the baby!*

Client: *Yay! (Or something like that.. lol)*

This is common thought. I understand this thought and would like to provide you with some benefits, tips and contraindication to have full understanding.

Some benefits of exercise during pregnancy and the postpartum period:

- + Reduces the risk of preeclampsia
- + Treats or prevents gestational diabetes
- + Helps manage or alleviate pregnancy-related musculoskeletal issues
- + Positively affects mood and mental health
- + Is safe and does not harm offspring health or development.

General TIPS for Exercise during pregnancy and the postpartum period:

- + Do not begin a vigorous exercise program shortly before or during pregnancy.
- + Women who have been previously active may continue their exercise programs, as tolerated.
- + Women who have not previously been active may need to begin slowly and perform intermittent exercise.
- + Gradually reduce the volume of exercise during the second and third trimesters.
- + Use the RPE scale rather than heart rate to monitor exercise intensity.
www.acefitness.org/acefit/fitness-fact-article/48/monitoring-exercise-intensity-using-perceived/
- + Avoid prolonged exercise in the supine position (lying face upward) after the first trimester.
- + Avoid long periods of standing and instead keep moving or sit and rest.
- + Doing plie squats may be more comfortable, especially as the baby/babies grow. 😊

- + Focus on core, hip mobility, balance and full body strengthening.
- + Exercise should be avoided when the temperature and/or humidity is high.
- + Body temperature should not exceed 100° F (38° C).
- + Focus on proper fluid intake.
- + Utilize extended warm-up and cool-down periods and incorporate some stretching.
- + Wear supportive shoes and undergarments.
- + Eat a small snack prior to exercise.

Contraindications for Exercise during pregnancy and the postpartum period:

- + Activities that require extensive jumping, hopping, skipping, bouncing, or running
- + Deep knee bends, full sit-ups, double-leg raises, and straight-leg toe touches
- + Contact sports such as softball, football, basketball, and volleyball
- + Bouncing while stretching
- + Activities where falling is likely

Ok, awesome!

So you understand the benefits, tips and contraindication now you're ready to go. Here is a sample workout you can do at home and if release by your physician all the way to 3rd trimester.

Sample workout

Dynamic warm-up

Quadruped abdominal drain-ins *2 sets of 5 repetitions each 5 sec hold*

Thoracic Rotation Reach Backs *2 sets of 10 repetitions*

Cat/Camel *2 sets of 10 repetitions*

Clams *2 sets of 10 repetitions*

Kegel *2 sets of 5 repetitions 3 sec squeeze*

Wall slide *2 sets of 10 repetitions*

Bent over raises (can use light dumbbells 3-8lbs) *2 sets of 10 repetitions*

Resistance Training

Bent over palms down dumbbell rows - *3 sets of 12 repetitions*

Plie squats/ dumbbell front raises - *3 sets of 12 repetitions*

Wall push-ups - *3 sets of 15 repetitions*

Forward alternating Lunge/ dumbbell bicep curls - *3 sets of 12 repetitions*

Modified Side plank - *1 set 15-45 sec ea.side*

Birdog - *1 set of 12 repetitions*

Cool- down / Stretches

Kneeling lunge hip flexor stretch *2 x 20 seconds*

Standing step hamstring stretch *2 x 20 seconds*

Door jamb chest stretch *2 x 20 seconds*

Wall hanging lat stretch *2 x 20 seconds*

Pillar stretch *2 x 20 seconds*

Ok what about nutrition?

“I recommend all pregnant women exercise and follow a healthy diet. Pregnancy makes women crave simple carbs, which need to be limited, and exercise helps. Maintaining good fitness leads to fewer pregnancy complications and delivery interventions, so it's good for everyone unless there is a medical condition that makes it dangerous”

-Dr. Dawne Lowden, MD, FACOG

Pregnant women should eat a balanced diet. Making a baby is hard work for a woman's body. Eating right is one of the best things you can do to help your baby grow and develop normally.

Eating a balanced, healthy diet can help prevent:

- + Too much weight gain
- + Gestational diabetes
- + The chance of needing a C-section
- + Anemia and infections in the mother
- + Poor healing
- + An early birth of the baby
- + A low birth-weight baby

The amount of healthy weight gain in pregnancy varies. These are general guidelines:

Normal total weight gain for a healthy woman is 25 to 35 pounds.

Overweight women should gain only 10 to 20 pounds during pregnancy.

Underweight women or women with multiples (twins or more) should gain 35 to 45 pounds in pregnancy.

Ask your health care provider how much weight you should gain.

Eating for two does not mean eating twice as much food. Pregnant women need about 300 extra calories a day. But where these calories come from matters.

If you eat sweets or junk food, the extra calories do not provide the nutrients your baby needs.

As a result, your growing baby will get the vitamins and minerals it needs from your own body. Your health could suffer.

Instead of junk food, choose foods that are:

- + High in protein
- + Low in fat
- + Low in sugar (sugar provides only empty calories) or carbohydrates

Other nutrients your baby needs are:

- + Calcium (for healthy growth)
- + Iron (for the baby's blood supply) prevents anemia in the mother.
- + Folic acid (for reducing the risk of spina bifida which is an incomplete closing of the spinal column) reduces the risk of anencephaly, which is a defect of the brain as well as other birth defects.

What to Eat:

Eating a well-rounded diet with all of the right nutrients and getting at least 30 minutes of exercise per day is important for a healthy pregnancy. For most normal-weight pregnant women, the right amount of calories is:

About 1,800 calories per day during the first trimester

About 2,200 calories per day during the second trimester

About 2,400 calories per day during the third trimester

Bread, cereal, rice, and pasta:

Eat 9 to 11 servings a day.

These foods give you carbohydrates. They turn into energy for your body and for your baby's growth.

Whole-grain and fortified products have folic acid and iron.

Vegetables:

Vegetables are a good source of vitamins A and C, folic acid, iron, and magnesium.

Eat 4 to 5 servings a day.

Try to get at least 2 of your daily servings from green, leafy vegetables.

Fruit:

Eat 3 to 4 servings a day.

Fruit gives you vitamins A and C, potassium, and fiber. Choose fresh fruits and juices. They are better for you than frozen or canned fruits. Eat plenty of vitamin C-rich foods, like citrus fruits, melons, and berries. Try to avoid juices that have sugar or sweeteners added.

Milk, yogurt, and cheese:

Eat 3 servings a day.

Dairy products are a great source of protein, calcium, and phosphorus. If you need to limit calories and cholesterol, choose nonfat dairy products.

Meat, poultry, fish, dry beans, eggs, and nuts:

Eat 3 servings a day.

Foods from this group are good sources of B vitamins, protein, iron, and zinc.

Fats and oils:

You need some fat in your diet for you and your growing baby. Fats provide long-term energy for growth and are needed for brain development.

Women with special diet needs should plan their meals carefully to make sure they get the nutrition they need. Talk to your health care provider or a dietitian if you have a special diet, such as:

Vegetarian or vegan

Lactose intolerant

Gluten-free

Fluids and Vitamins

Pregnant women should also drink plenty of fluids. Avoid drinks with caffeine and sugar. Ask your provider how much fluid you should get each day.

You should also take a prenatal vitamin that has folic acid, iron, and the other vitamins and minerals that all women need. Your doctor may give you a prescription for vitamins. You can also get prenatal vitamins over the counter.