

# **MummyFIT**<sup>®</sup>

## **Pregnancy Exercise Guidelines**

**Welcome to MummyFIT! The world of pregnancy and exercise can be a little confusing so we've put together a guide to help and support you through each stage and trimester of your pregnancy.**

**Our aims are to direct, support and allow you to make the correct and safe exercise choices which are suitable for you and your stage of pregnancy.**



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# The Benefits of Exercise during Pregnancy

Here is our top 10 benefits of exercise during pregnancy taken from the current national guidelines The **KEY** to exercise during pregnancy is maintenance.

- (1) Helps you maintain a base level of fitness
- (2) Helps you strengthen your bodies endurance in preparation for labour
- (3) May help prevent, reduce and treat gestational diabetes
- (4) Promotes better sleep and improves your mood
- (5) Increases your energy levels
- (6) Improves posture and CORE strength
- (7) Reduces back ache
- (8) Improves circulation
- (9) Aids better post natal recovery including core strength and tone and strength of the pelvic floor after baby is born
- (10) Improved body awareness and promotes better self image

## Is exercising during pregnancy SAFE?

Exercising throughout pregnancy is SAFE and offers some amazing health benefits as long as your goals are on maintaining overall fitness. This is not the time to set yourself new goals, hit new PB's or push yourself to your limit and attempt exercise for weight loss.

During your pregnancy and trimesters, you will gain weight as you are growing a baby, (We will go through the changes in the trimester section later on)

If you have been exercising before pregnancy and want to return to classes just make sure your trainer is aware so they can adapt the sessions accordingly. If you are not attending MummyFIT Pre Natal Classes, it is extremely important you find out if your current trainer is qualified and responsibly insured to train you. As a minimum they should be level 3 pre and post-natal exercise specialist. Make sure you ask them about their experience and for their advice.

## Does exercising increase your risk of miscarriage?

Exercise does not put you at any higher risk of miscarriage in a normal pregnancy. However, you should always consult your healthcare professional, Doctor or Midwife before starting any exercise regime.

## Pregnancy Trimesters & Exercise

At MummyFIT we recommend you hold off exercise until you've had your 12 week scan. However, some people may wish to engage in light exercise during this period.

### Trimester One (Week 1-12)

During this time, you may not feel like exercising due to sickness or dizziness brought on by vascular under fill which causes your blood vessels to increase in volume in preparation for your pregnancy but your blood volume hasn't increased to fill them yet. However, once this is under control you may feel great and want to exercise as normal in the gym or home environment.

**KEY MUMMYFIT TIP: Have a small snack such as a handful of nuts 1-2 hours before you train to stabilise your blood sugar levels and reduce the effects of sickness and dizziness.**

## **Trimester Two (Week 13-26)**

In trimester two you are more likely to feel great! With the Vascular under fill effects easing you may experience higher energy levels! You will start to gain between 7-11lbs maternal body fat by the mid stage of pregnancy and you will develop an increased anterior tilt and lumbar lordosis (Curve in your lower back). This can affect your centre of gravity and affect balance so be aware to reduce the risks of falls/ balance during exercise at this stage. You will also experience great pressure on the pelvic floor during this stage so you may wish to reduce the impact aspect of your training and minimise running/jogging to prevent pelvic floor issues post pregnancy.

**KEY MUMMYFIT TIP: From trimester 2 onwards, do NOT lie flat on your back. This can interfere with your blood circulation and potential cause restricted flow**

## **Trimester Three (Week 27-40)**

The final stage of pregnancy sees a more rapid weight gain and the postural effects starting in trimester two become more exaggerated. The hormone Relaxin continues to remain which softens ligaments in preparation for birth. You may wish to reduce heavy weight bearing activities and be mindful when stretching joints as these may become unstable and more susceptible to injury.

**KEY MUMMYFIT TIP: Remember to listen to your body, give yourself lots of breaks and rest periods and be mindful of working to breathlessness and not exhaustion.**

## Overall Pregnancy Guidelines

- Always let your PT or instructor know you are pregnant before the class. If the information is confidential then speak to them before the session directly.
- Always train with an individual or company who are qualified and insured to teach you to ensure your workouts are safe and effective. They should be a minimum of a Level 3 Pre and Post Natal Exercise Specialist.
- In trimester one have a small snack such as a handful of nuts 1 hour before a session to prevent low blood sugar
- Reduce impact of your exercises and intensity throughout the trimesters
- Avoid Contact sports or sports which increase your chances of falling or direct impact to your tummy
- Avoid winter sports such as snowboarding and skiing
- Be mindful when stretching and placing joints under too much strain due to the hormone relaxin (see the trimesters to training section)
- Low level squats and lunges are good to you and your pelvic floor just remove the jumps.
- Lying in the supine (back) position from trimester two is not recommended
- In the later stages of pregnancy you may feel out of breath as your baby grows and presses on your diaphragm.
- Drink plenty of water and be mindful of hot humid classes in case of overheating. Always opt for air conditioned rooms and studios.
- You can work to breathlessness and never to exhaustion. This is extremely important. The biggest risk to your baby is foetal hypoxia which is caused by over heating.

- Avoid all exercises which place pressure on the abdominal muscles (rectus abdominis). Exercises such as crunches, sit ups, heavy twisting and lifting heavy weights above your head should be avoided)
- If you feel dizziness or faint during exercise always stop immediately and tell your instructor.

**FOR MORE INFORMATION ON EXERCISING DURING PREGNANCY AND WORKOUTS YOU CAN FOLLOW AT HOME JUST SIGN UP TO OUR MUMMYFIT 'AT HOME' 10 DAY FREE TRIAL NOW or contact us at [info@mummyfituk.co.uk](mailto:info@mummyfituk.co.uk)**



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