

## Exercising lying on your back during Pregnancy

In the past pregnancy guidelines have suggested that ladies should avoid lying on their back for long periods of time from a certain point in pregnancy due to the weight of the baby pressing on the ladies main vein that carries blood back to the heart from her lower body.

However more recent research indicates that ladies can be guided by how they feel, **as long as you are not feeling lightheaded, nauseated, have general discomfort or tingling in your legs or increased shortness of breath while lying on your back at anytime or during exercise then you should be fine to lie on your back.** However if you want to be cautious modify your movements and exercise to avoid prolonged times on your back from about 18-24+ weeks as required (I will mainly provide modifications in the programs or only advise short times on your back anyway from about half way through your second trimester as you will see). Modifications can include performing exercises with shoulders up on a chair, cushion, swissball, your hands or elbows to raise your back somewhat.

Remember my overall advise for any movement and exercise during pregnancy is to 'listen to your body' if it doesn't feel right for you (because everyone is different) then modify or avoid it.



Figure 1: Picture credit Girls Gone Strong