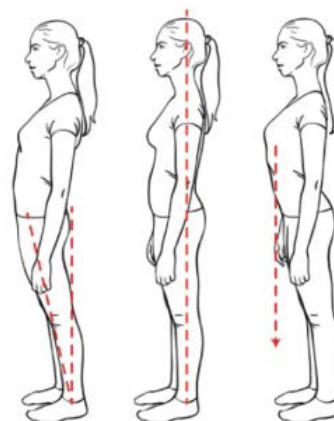


10 great reasons and tips for working out during pregnancy

Effective, efficient, and appropriately modified workouts are a fantastic way to feel strong, stable, keep the pregnancy aches and pains at bay, and give your baby the best head start to good health. It may also help you by improving birth outcomes and give you a head start on postnatal recovery.

1. Train your Core + Floor Correctly. Whatever you do, make sure you know how to do this step. I consider core training in pregnancy to be the most important aspect of keeping a high functioning body throughout your journey of baby building. Basic rules: the pelvic floor muscles are part of the core unit and we must train them as such, incorporating these muscles into your movements. This is done by syncing your breathing system with core activation and relaxation including your abdominal muscles, back, pelvic floor, and glute muscles. Choose exercises that are appropriate to maintain this unit, without putting inappropriate pressure on potential weaker points (abdominal separation/pelvic floor) as your belly expands with your growing baby. Avoid: crunches, sit-ups, double leg raises. Watch how to do this with the core connection breathing demo [here](#).



2. Pay attention to your alignment. Pay attention to your posture and alignment, aim to stack your shoulders and ribs over your hips to maintain optimal form and core function during exercise and activities of daily life.

3. Decrease Front Loaded Exercises. As your baby and belly grow your core strength will not be as it once was, therefore to reduce the pressure your growing baby puts on your abdominal wall toward the latter half of pregnancy, reduce the amount time you spend with your belly facing towards the floor ie plank, push-up, bird dog positions. I will guide you with variations of exercises to avoid these positions throughout my programs as you progress in your pregnancy.

4. It is ok and beneficial for you to start exercise in pregnancy. If you are new to exercise and/or strength training, that's great, it will most likely be beneficial for you in pregnancy. Just be sure to have an appropriate program developed for you specifically with appropriate progressions such as my online program.



5. Ensure your exercise is energising you and your pregnancy. Pay attention to your body and how you are feeling, you should be feeling appropriately energised after a training/exercise session. No doubt you will have days when you don't feel up to it, choose an appropriate activity for those days, which may simply be rest. Alternatives could be a stretch, foam roll or a mobility session if you don't feel like more intense activity.

6. Build your back and butt strong. Focus on training your glutes and back muscles in preparation for the additional weight on the front side of the body that is to come. Some of my faves include: hip thrusts, deadlift variations, pullups/TRX rows, cable rows, lunges.

7. 1-Sided Exercises. Also known as, unilateral exercises. When it comes to multitasking; holding bubs in one arm and doing everything else with the other you'll thank me for training both sides individually.

There are lots of exercises to do 1-sided; rows, chest presses, bicep curls, side plank variations.

8. Squat. Squats are great for pelvic mobility and strength as well as pelvic floor function! They are also great to be good at for Mum life! They will help you build/maintain your lower body strength to support you carrying the added weight that pregnancy brings and prepare you for the potential endurance of the endurance of labour (potentially in such positions, let gravity do the work...)

9. Strength Training. Strength training is great for the body and can be done with appropriate modifications throughout your entire pregnancy. It will help you carry baby easier, help you during labour and aid in a faster recovery after bubs is born.

10. Keep active. What do you like to do to keep active? Keep doing something to keep your body strong and moving. Modifications may need to be done to keeping you active but it's better than doing nothing at all. Exercising is great for the body, baby and mind, even better, take it outdoors in the fresh air!