



“Listen to your body”

This is something I came across during my Personal Training and Pre/postnatal education and research that has stuck with me since, so I hope it sticks with you as something for you to ‘listen for’ during your daily life and exercise.

When I say this in relation to Pregnancy and Postnatal exercise it means this:

The Four P Rule

The four P’s are:

1. Peeing, does an exercise cause you to accidentally leak urine or cause you to need to stop and run to the toilet?
2. Pressure, do you feel a bulging or heavy sensation in your pelvic floor/groin area that doesn’t feel normal at any time or with a particular exercise?
3. Pain, do you have pain anywhere in your body, particularly related to pregnancy or postpartum, such as pelvic or back pain.
4. Peaking, do you notice a doming or coning down the centre of your belly above and/or below your belly button, this is likely a sign of abdominal separation/diastasis recti, check out some of my other resources on this.

If an exercise aggravates any of these P’s, stop and reconsider your technique/ seek a modification/ or you may have to temporarily stop doing this exercise.