

Key Exercises to Do When Pregnant: Staying Active Safely

Staying active during pregnancy can be beneficial for both your physical and mental well-being. Regular exercise can help manage weight gain, reduce discomfort, and prepare your body for labour. However, it's essential to approach exercise with care. Always consult with a healthcare professional before starting any new fitness routine during pregnancy to ensure it's safe for you and your baby. Here are some key exercises that are generally safe for pregnant individuals:

1. Walking

Walking is one of the simplest and most effective exercises you can do during pregnancy. It's low-impact and can be easily modified to suit your energy levels.

- How to do it: Aim for 20-30 minutes of brisk walking most days of the week. Listen to your body, and take breaks as needed.

2. Prenatal Yoga

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Prenatal yoga helps improve flexibility, balance, and relaxation, making it an excellent choice for expectant mothers.

- How to do it: Join a prenatal yoga class or follow online videos specifically designed for pregnant individuals. Focus on poses that promote gentle stretching and relaxation, avoiding any positions that require lying flat on your back after the first trimester.

3. Pelvic Floor Exercises (Kegels)

Strengthening your pelvic floor can support your growing belly and help prepare for childbirth.

- How to do it: To perform Kegel exercises, contract the muscles you would use to stop urination, hold for a few seconds, and then relax. Aim for 10-15 repetitions several times a day.

4. Swimming

Swimming is a great full-body workout that's easy on the joints and helps relieve swelling and discomfort.

- How to do it: Swim laps or engage in water aerobics for 30 minutes. Focus on strokes that feel comfortable for you, and avoid deep dives or activities that could lead to injury.

5. Bodyweight Exercises

Gentle bodyweight exercises can help maintain strength without putting too much strain on your body.

- How to do it: Incorporate exercises like modified squats, wall push-ups, and standing leg lifts. Aim for 2-3 sets of 10-15 repetitions, ensuring that you maintain good form and comfort.

Final Thoughts

Staying active during pregnancy can offer numerous benefits, from improved mood to enhanced physical endurance. By choosing safe and appropriate exercises, you can maintain your health and well-being. Remember to listen to your body and adjust your activities as needed, prioritising your comfort and safety above all else. Enjoy this special time by staying active in a way that feels right for you!

Regards,

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