Prenatal and postnatal exercises pdf

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Pregnancy not only plunges you into a whole new role of being a mother but also bringsabout significant changes in their physical and mental makeup. The body undergoes addedstrain, both physically and mentally, thereby preparing you for a new you.When so many changes are taking place inside you, the need of the hour is some activity thatkeeps you going. This is where it becomes vital to throw light on prenatal and postnatalexercising.Exercising, in general, maintains life and boosts wellbeing in all stages of life. But it becomesparticularly essential for expecting and new mothers owing to the following benefits:1. Improves emotional healthExercising releases enough “happy hormones” in your body and lifts yourmood. This helps to reduce any anxiety and stress that is common in both during and after pregnancy due to hormonal changes. Exercising is also the best way to maintain a pleasant journey through your pregnancy and keep postpartum depression at bay.2. Improves physical healthPrenatal and postnatal exercising improves muscle strength and endurance, keeping you fit and strong. This also translates to a more natural adaptation to the lower-intensity of early labor, shorter first and second stages of labor, and improve ability to cope with labor.The right choice of exercise routines will also help to alleviate backaches, promotes circulation which helps to prevent constipation, bloating and swelling of the ankles.By maintaining fitness level during pregnancy, it is less likely to gain more than the recommended increase in weight. Any excess gain may lead to certain health complexity such as gestational diabetes. Furthermore, exercising helps to maintain muscle tone and strength which promotes speedy postnatal recovery.Exercising using these various methods can be beneficial for prenatal and postnatal.1. PilatesPilates is one of the best prenatal and postnatal exercises because they help you build yourcore strength. It strengthens and tones your back, abdominals, and pelvic floor muscles,which will make for a more comfortable pregnancy and delivery.Pilates is also one of the most essential routine for helping new mothers get back into shapeafter pregnancy, especially for diastasis recovery, pelvic floor and abdominals health. Most ofthese Pilates exercises can be customized to your body and abilities—something that keepsyour intent of the practice and adjust the form to work best for your body.Read more about Pilates.2. GYROTONIC® MethodGyrotonic helps you handle the physical and emotional changes arising due to yourpregnancy, especially great for reducing stress, manage mood changes due to hormonaleffects and maintaining healthy and suppleness of spine and all joints. It also helps tostrengthen the body more quickly in postnatal, and offer the much-needed, gentle movementthroughout.The method helps you find the right balance between expanding your body and pulling intoward the core of the body. Gyrotonic is also essential for creating and maintaining enoughspace in the joints of your body. It facilitates the natural movements of the foetus inside thewomb and ensures its best positioning for childbirth.Read more about Gyrotonic Method.3. Strength building and core conditioningStrength and core conditioning before and after pregnancy helps control excessive weight gain, reduce prenatal and postpartum discomfort, increases strength. These exercises prevent or reduce muscular imbalances and promote efficient body movement.Some activities to incorporate in your prenatal and postnatal regimen for strength building and core conditioning include lunges and squats, free weights, specific Pilates reformer and mat sequences, resistance bands.4. QigongLast but not the least, you can fold in Qigong, which is an ancient Chinese practice thatincorporates slow, purposeful movements, and breathing exercises. It is essentially anexercise that can improve your circulation, balance, alignment, concentration and emotional health. It targets your arms, legs, core, glutes, and back, and boosts your muscle flexibility and improves your body balance. Since it is a low-impact exercise, you are not going to put your joints at risk by performing them.Read more about White Tiger Qigong.Get in touch here to begin your prenatal and postnatal exercise routine with us. The exercises in this video are suitable for most people. They are general exercises only and are not aimed at treating any specific cause of pain or condition.Get advice from a GP or health professional before trying it, especially if:you have any concerns about your healthyou are not sure if the exercises are suitableyou have any pre-existing health problems or injuries, or any current symptomsStop the exercise immediately and get medical help if you feel any pain or feel unwell. Pregnancy demands a lot of energy. Your pre-baby body determines your post-baby health. Hence, following a fitness regime religiously before trying to conceive will prepare your body to cope with the intense strain that is to come during labour and delivery. A physically active woman will have a shorter duration of labour than a woman who isn’t so active. You can start any form of exercise program, even if you have never been a fitness fanatic. 1. Decreases muscle and mental tension. 2. Relieves back pain. 3. Strengthen the muscles and prepares the body for labour. 4. Improves blood circulation. 5. Enhances fertility. 6. Improves posture and appearance. 7. Improves flexibility, stamina, and endurance. Note: Exercise 4 to 5 times a week which is focused on cardio rather than weight loss to improve stamina and endurance. Stretching, swimming, deep breathing exercises and moderate cardio exercises like brisk walking should be incorporated. 1, Avoid any form of exercising that involves jumping that can cause abdominal trauma. 2. Avoid exercises which makes your heart beat too fast or involves too much sweating. 3. Avoid balancing exercise and sit-ups. 4. Avoid overstretching. It may cause injuries due to loose joints. 5. Do not hold breath during any exercises. 6. Aerobic activities should not exceed more than 20 minutes. 7. As pregnancy progresses, activities should be reduced and limited to deep breathing exercises during the last few months. Post-natal isn’t the time to stress your body, so give some time for it to heal. After consulting your doctor, you can start with light indoor activities focused on core strengthening. You can incorporate light walks as well. Exercise helps you to get back to your pre-pregnancy body. 1. Start with indoor activities focused on core strengthening. 2. Incorporate light walks. 3. Only after 3 months of delivery, start incorporating moderate cardio exercises like swimming. Gentle strength training with bands rather than weights can be incorporated as well. 4. Yoga and pilates can be included post 3 months. 5. Avoid high impact activities like running and jumping. 6. Avoid lifting of heavy weights and over stretching. 7. Avoid activities that require sudden reflexes or movements. Nutrition 1. In addition to the prescribed medication, a woman should eat traditionally without dieting. Should incorporate Galecto Gaugs (foods which help in milk production). 2. Stay hydrated all the time. 3. Eat pulses, protein rich food, green leafy vegetables and fruits in abundance. 4. Drink at least one glass of water before breast feeding. Disclaimer: The views, opinions and positions (including content in any form) expressed within this post are those of the author alone. The accuracy, completeness and validity of any statements made within this article are not guaranteed. We accept no liability for any errors, omissions or representations. The responsibility for intellectual property rights of this content rests with the author and any liability with regards to infringement of intellectual property rights remains with him/her. Always consult with your doctor or midwife before starting any postnatal exercise program.Don’t be too hard on yourself if your exercise plans go awry – you’ll get more time to yourself as your baby settles into a predictable routine. Regular exercise has numerous health benefits, all of which apply equally to the new mother as at any other stage of life. These benefits include assistance with weight loss, increased aerobic fitness, social interaction and psychological wellbeing. Exercise after giving birth can also hasten recovery, and assist with muscle strength and toning.Always consult with your doctor or midwife before starting any postnatal exercise program. Whether or not you are ready to exercise depends on individual factors. For instance, you may be advised to wait until your six-week postnatal check-up. In other cases, especially if you were exercising regularly throughout your pregnancy, you may be able to return to exercise sooner than that – perhaps within the first week or two. The benefits of postnatal exerciseExercising after you have your baby can improve your physical and mental wellbeing. It can:Help restore muscle strength and firm up your body Make you less tired because it raises your energy level and improves your sense of wellbeingPromote weight loss Improve your cardiovascular fitness and restore muscle strength Condition your abdominal muscles Improve your mood, relieve stress and help prevent postpartum depression.When to start postnatal exercisesGentle exercise (such as walking) can generally be started as soon as comfortable after giving birth. Start when you feel up to it. Some women will feel able to start exercising early.Talk with your doctor about when is a good time for you to restart an exercise program.Six weeks after giving birth, most of the changes that occur during pregnancy will have returned to normal. If you had a caesarean birth, a difficult birth, or complications, it may take a little longer to feel ready to start exercising. If you did not exercise during pregnancy, start with easy exercises and slowly build up to harder ones. Keep in mind your lower back and core abdominal muscles are weaker than they used to be. Your ligaments and joints are also more supple and pliable, so it is easier to injure yourself by stretching or twisting too much. Avoid any high-impact exercises or sports that require rapid direction changes. Breastfeeding and exerciseStudies have shown that vigorous or regular exercise does not have adverse effects on a mother’s ability to successfully breastfeed as long as fluid and caloric intake are maintained.Some research, however, suggests that high-intensity physical activity can cause lactic acid to accumulate in breast milk and produce a sour taste a baby might not like. If you're breastfeeding, you can prevent this potential problem by sticking to low- to moderate-intensity physical activity and drinking plenty of fluids during and after your workout.Pelvic floorThe pelvic floor may be adversely affected by pregnancy and childbirth. Most women are taught pelvic floor exercises during pregnancy and these are important to learn correctly andcan be resumed immediately after giving birth.Creating time for postnatal exerciseWhen you're caring for a newborn, finding time for physical activity can be challenging. Some days you may simply feel too tired for a full workout. But that doesn't mean that you should put physical activity on the back burner. Do the best you can. Suggestions include:Seek the support of your partner, family and friends. Exercise with a friend to stay motivated.Walking is a good way to get back in shape – all you need is a pair of comfortable shoes. It is free, and you can do it almost any place or time. You can also take your baby along.Include your baby, lying next to you on the floor, while you do abdominal exercises. Exercising 10 minutes at a time is fine. We know 150 minutes each week (as per National Physical Activity Guidelines) sounds like a lot of time, but you don't have to do it all at once. Not only is it best to spread your activity out during the week, but you can break it up into smaller chunks of time during the day.Don’t be too hard on yourself if your exercise plans go awry. Just do the best you can, and remember – you will get more time to yourself as your baby settles into a predictable routine.Tummy and pelvic floor exercises can be done while you’re doing other tasks, either sitting or standing. To help you remember, try performing the exercises whenever you do certain things, such as breastfeeding or driving the car. (For details on tummy and pelvic floor exercises, refer to the Better Health Channel article ‘Postnatal exercise – sample workout’).Walk your baby in the pram rather than use the car for short trips. Consider building up a home library of exercise dvds. It might be a good idea to include a few tapes that offer shorter workouts too (such as 15 or 30 minutes), just so you don’t have to always find a full hour or more to exercise.General exercise safety suggestionsBe guided by your doctor or midwife, but general suggestions include:Wear an appropriate bra that offers good support. Don’t rely on your pre-pregnancy sports bra because your back and cup size are likely to have changed. Get measured for a new one.Your exercises should not hurt. If you experience pain or any other unexplained symptoms stop the exercise and consult your doctor if necessary.Types of postnatal exercisesRecommended postnatal exercise includes:Brisk walkingSwimmingAqua aerobicsYogaPilatesLow impact aerobic workoutsLight weight trainingCycling.See your doctor or midwife for further recommendations and cautions.Where to get helpYour doctorYour midwifePhysiotherapistThings to rememberAlways consult with your doctor or midwife before starting any postnatal exercise program.Don’t be too hard on yourself if your exercise plans go awry – you’ll get more time to yourself as your baby settles into a predictable routine. This page has been produced in consultation with and approved by: This page has been produced in consultation with and approved by: This page has been produced in consultation with and approved by: Content on this website is provided for information purposes only. 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