



Physiological changes during pregnancy

- **Heart** – The amount of blood in your body increases to cater for your baby, therefore your heart has to beat faster to cope with the amount of blood. This can sometimes affect your blood pressure and make you feel dizzy. After 16weeks you should avoid lying on your back as the weight of your baby can press onto your blood vessels making you feel unwell. To keep your heart rate at a sensible level while exercising during pregnancy you should monitor your exertion, a good gauge is that you should be able to maintain a conversation while exercising.
- **Lungs** – Your body will require more oxygen so your breathing rate will be slightly higher than normal.
- **Joints** – Increasing hormone levels during pregnancy make your ligaments become more relaxed, causing your joints to be less stable. This along with an increase in your weight can cause you to adopt poor postures, putting more strain on your back and pelvis. It is important to try and maintain a good posture and adequate strength to support all of your joints.

Effects of exercise to you and your baby

- Keeps your heart, lungs, strength and stamina as good as possible.
- Keep your weight within a healthy range.
- Improve your circulation.
- Improve your posture and balance.
- Prepares you for labour.
- Endorphins released during exercise help to maintain a positive attitude.

You should not be exercising if you experience any of the following symptoms;

- Vaginal bleeding
- Reduced foetal movements
- Serious heart, lung, kidney disease
- Previous miscarriage or premature baby
- High or low blood pressure
- Placenta praevia after 26weeks
- Acute infectious disease

You should consult your doctor before exercising if you have;

- Asthma
- Type 1 diabetes
- Early placenta praevia
- Anaemia
- Heavy smoker
- Extremely under or over weight

Continued...

Contact us now

☎ 020 8778 9050

📠 020 8659 1501

✉ enquiries@cpgg.co.uk

🌐 www.cpgg.co.uk



Advice when exercising

- Exercise for 30 minutes 3-7 x a week depending on your previous level of fitness, if you didn't exercise prior to pregnancy start with gentle pelvic floor exercises and consult a professional before progressing further.
- **Avoid;**
 - Contact sport
 - Exercising to the point of fatigue
 - Hot/ humid climates
- **Wear;**
 - A supportive bra
 - Loose/ cool clothing
 - Supportive trainers
- Keep hydrated and eat enough to fuel your exercise but not immediately before exercise
- Warm up with gentle exercises
- Cool down with sustained gentle stretches (avoid overstretching)
- Monitor your exertion (should be able to maintain a conversation)
- Pay attention to how your body feels. Stop if you feel;
 - Pain
 - Shortness of breath
 - Dizziness/ headaches
 - Palpitations
 - Vaginal bleeding

Contact us now

☎ 020 8778 9050

📠 020 8659 1501

✉ enquiries@cpgg.co.uk

🌐 www.cpgg.co.uk