



## Healthy living during Pregnancy

### Reasons to Exercise!

- Strong abdominal & lower back muscles will help you maintain a good posture during pregnancy, reducing the risk of lower back pain or problems.
- You will reduce the risk of pre – eclampsia, a high blood pressure condition related to pregnancy.
- You will be less anxious! A study produced by the journal of obstetrics & gynaecology in 2003 found that women who exercised regularly, particularly in the third trimester, experienced less anxiety than inactive women.
- You'll have a happier baby. Studies have shown that babies of women who had done aerobic exercise three or more times per week were more alert and less fussy five days after birth than babies of women who had done less than one workout per week.
- Exercise boosts blood flow around the body- and that includes through the placenta to your growing baby, supplying it with nutrients and vital oxygen.
- Recent American research states that women who keep fit while pregnant have less chance of premature delivery. However if you've been inactive previously, don't embark on any regime without consulting your GP

Source: 'The real women's personal trainer' By Sam Murphy