

Inova HealthNET



Inova BabyNET Inova BackNET Inova WeightNET



Exercise During Your Pregnancy





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Exercise during your pregnancy....
is it safe?



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Fact of Fiction? Answer
the following questions,
True or False ...





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Question #1

Exercising for longer than 20 minutes will cause you to overheat and take needed oxygen away from your baby

True False



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False!!!

- It is recommended to engage in about 30 minutes of *moderate exercise* per workout session while pregnant.
 - Exercising at a rigorous level may cause you to overheat.
 - The body's natural response to over heating is to draw blood away from your core and to your extremities in an attempt to cool down. This may be dangerous because you will be drawing blood away from your baby.



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How you can measure your intensity:

- RPE (Rate of Perceived Exertion)
- On a scale from 1-10 how do you feel?
 - 10 extremely exhausted: can't breathe,
 - 7 difficult; you cannot speak,
 - 6 difficult but you can speak,
 - 5 you can have a casual conversation
 - 3 you can laugh & aren't short of breath
 - 1 you feel like you just got out of bed
- Your goal is to exercise between 4 and 7
- (See next slide for an illustration of the RPE Scale)



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Rate of Perceived Exertion *Borg Scale*

0	Nothing at all	At rest or lying in bed
1		
2	Weak	
3		
4	Moderate	This is your target range
5		
6		
7	Difficult	
8	Very difficult	Very short of breath
9		
10	Extremely exhausted	The most exhausting activity you have ever done





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- “The talk test” 
 - You should be able to carry on a casual conversation while exercising. If you cannot speak, you need to slow your pace.
- Remember you are your own best “intensity indicator”. If you feel your heart pounding that is a sure sign you need to slow down. Just be aware of how you feel. It’s better to do less than too much!



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Question #2

Engaging in regular physical activity during pregnancy can aid in making labor and delivery more comfortable

True False



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True!!!

- Studies have shown that women who regularly engage in physical activity and exercise during their pregnancy are more likely to have a full term birth and have a smoother labor and delivery.





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Question # 3


Women should avoid running while pregnant

True False



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False!!!

- Running **is** safe for pregnant women who were runners before becoming pregnant. 
- However watch your exertion level and make sure you keep a moderate pace while running.
 - You should be able to carry on a casual conversation.



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Other safe forms of exercise:



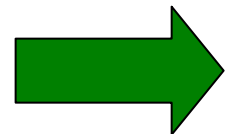
Golf



Yoga – Pilates – Tai Chi



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Other safe forms of exercise:



Swimming



Walking/Jogging





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- Here are a few examples of **unsafe** forms of exercise:





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Question #4

All water activities are safe during pregnancy

True False





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False!!!

Although swimming leisurely is considered an excellent activity to engage in during pregnancy, not all water sports are safe!



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- **Scuba diving** is a definite no! Scuba diving may result in the formation of gas bubbles in the baby's circulatory system, which may be very harmful to your baby.



- Avoid activities where you may fall and require balance such as, **surfing** or **water skiing**.





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Question #5

Exercise can help prevent
gestational diabetes

True False





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True!!!

Exercise can help regulate and prevent all types of diabetes by helping your body to use insulin more efficiently.

- Gestational diabetes affects 5 out of every 100 pregnant women.
- Exercise also helps regulate your weight, which can delay or prevent the onset of gestational diabetes.
- Most gestational diabetes often corrects itself after delivery, have your sugar checked at your 6 week postpartum visit.



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You have a greater chance of developing gestational diabetes if:

- You are over 30 years of age
- You are overweight
- You are Hispanic, Native American, African- or Asian- American. These ethnic groups have a higher prevalence of diabetes.
- You had gestational diabetes in a previous pregnancy
- In your last birth, your child weighed 9 or more lbs or was still born

Important to remember, not all women with risk factors get gestational diabetes. It can be managed with support from your physician.



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Question #6

When you are pregnant it is less important to warm-up before exercising and cool-down after

True False



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False!!!

- It is extremely important to warm-up and cool-down during an exercise session while you are pregnant.
 - You want to slowly increase your body temperature and heart rate and also slowly bring your temperature and heart rate back down to resting.
 - Abruptly stopping exercise may cause your blood pressure to drop too quickly, causing you to feel dizzy and faint or blackout.
- Walking for 5 minutes at a slow pace is a good way to cool-down.



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Other important post workout do's:



Drink plenty of fluids. It is recommended you drink about 2-3 glasses of water within 2 hours of finishing your workout.



Remember to eat. It is important especially while you are pregnant to restore your body's nourishment. Eat a healthy snack or meal 30-90 minutes after finishing your workout.



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Question #7

Pregnancy is a good time to work on increasing your range of flexibility

True False



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False!!!

- You should avoid attempting to increase your range of flexibility .
- You naturally become more flexible during pregnancy because the connective tissue becomes more lax. Thus it becomes easier to injure or over-extend a joint.
- However light stretching post-workout is beneficial.
 - Following a workout, muscles naturally contract. Stretching post-workout prevents them from shrinking and allows them to rebuild and grow bigger and stronger.

If it starts to hurt, you've gone too far!





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Question #8

Your center of gravity will shift during pregnancy

True False



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True!!!

- A women's center of gravity is naturally in their lower abdominal – pelvic region. As you advance in your pregnancy your center of gravity will shift which may cause you to be off balance and not quite as agile
 - You should avoid participating in quick change exercise classes (ex. step aerobics class) that are not specifically for pregnant women
- Fortunately, Inova HealthSource offers many classes for pregnant and new mothers. All Inova employees receive a 75% discount on all classes.



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- Here are some classes offered by Inova HealthSource:



- Prenatal Yoga
- Fitness For Mommy and Me
- Prenatal Aerobics
- Yoga For Mom & Toddler



- Search by class name by clicking on this link:

<https://my.inova.com/public/calendar/search.cfm>



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Thank you for completing our exercise
and pregnancy quiz!!

