



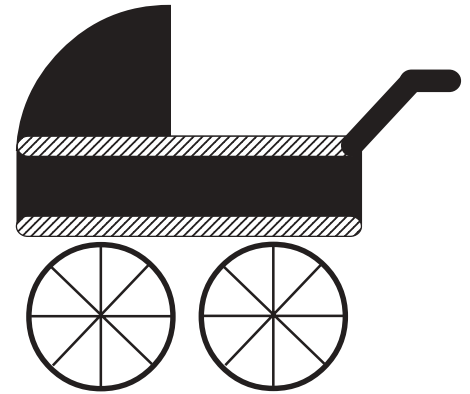
# Yours in Fitness

*Special Edition - Exercise and Pregnancy*

## Exercise during pregnancy

There is no data in humans to indicate that pregnant women should limit exercise intensity and lower heart rates because of potential adverse effects. For women who do not have any additional risk factors for adverse maternal or perinatal outcomes, the following recommendations may be made:

1. During pregnancy, women may continue to exercise and derive health benefits even from a mild routine. Regular exercise is preferable to intermittent activity.
2. Women should avoid exercise in the supine position during a vigorous workout. Such a position is associated with decreased cardiac output in most pregnant women. Because the remaining cardiac output is preferentially distributed away from the splanchnic beds (including the uterus) during vigorous exercise, such routines are best avoided during pregnancy. Although Body Sculpting™ is cardiovascular, it is not considered “vigorous” such as stepping or high intensity aerobics.
3. Women should modify the intensity of their exercise according to maternal symptoms. Pregnant women should stop exercising when fatigued and not exercise to exhaustion. It is not recommended to increase the intensity of your exercise during pregnancy.
4. Morphologic changes in pregnancy should serve as a relative contraindication to the types of exercise in which loss of balance could be detrimental to maternal or fetal well being, especially during the third trimester. Further, any type of exercise involving the potential for even mild abdominal trauma should be avoided.
5. Pregnant women who exercise in the first trimester should augment heat dissipation by ensuring adequate hydration, appropriate clothing and optimal environmental surroundings during exercise.
6. Many of the physiologic and morphologic changes of pregnancy persist four to six weeks postpartum. Resume to your normal intensity gradually!



### **A number of medical and obstetric conditions should be considered contraindications to exercise during pregnancy:**

- ◆ Pregnancy induced hypertension
- ◆ Pre-term rupture of membrane
- ◆ Pre-term labor during the prior or current pregnancy
- ◆ Incompetent cervix
- ◆ Persistent second and third trimester bleeding
- ◆ Intrauterine growth retardation

## Getting your body back

Once the baby arrives, most women are very eager to get their body back in shape and lose the extra pounds put on during their pregnancy.

Ideally, exercise should have been continued through the pregnancy and those that did will find it easier to reach their goal weight once again. This activity during pregnancy will keep the heart and body healthy and fit as well as alleviate backaches, improve posture and promote a faster recovery after the delivery.

Whatever the case, you are still faced with extra weight that you are not happy with. When exercising with this extra weight, you need to start slowly and be patient; your body needs to have time to adjust. Increase the intensity of the workouts gradually and consult with your physician if you experience any pain or unusual symptoms.

There are many different types of exercise that you can choose from. If your goal is to lose your extra weight and firm up your body, you may want to concentrate on the form of exercise that is most effective in weight control. Many people believe that aerobics or dance classes are best for losing weight because large amounts of calories are burned. What you may not realize is that your metabolic rate, the rate at which you burn calories, is only elevated while you are exercising and only for approximately 40 minutes afterwards.

Strength training is different. First, it produces a large increase in your metabolic rate during the workout. Second, weight training produces an increase in lean muscle tissue, thereby establishing a higher resting metabolism, burning calories at a higher rate 24-hours a day, not just 40 minutes. Strong, toned muscles are like metabolic furnaces, revving up calorie burning and fat loss far more than aerobic exercise can!

When utilizing a stage or circuit training format as in the Body Sculpting™ program, strength training becomes cardiovascular, providing a complete and balanced workout. Performing this type of routine 2-3 days per week, and combining a low-fat eating plan, will rid your body of those stubborn layers of fat in no time at all.

The benefits of strength training go far beyond enhanced weight loss and a beautiful body. With healthy, strong muscles, your body is better balanced, more coordinated and able to compensate for the postural adjustments that typically occur during pregnancy. You will stay younger longer and prevent problems like osteoporosis and injuries by building and then maintaining strong muscles, bones and joints.

If you enjoy biking, swimming, walking or a particular sport, adding these activities one to two days-per-week to your regular Body Sculpting™ workouts is perfectly acceptable and will only increase the rate of your success. Best of luck and remember to keep on flexing!

## Body Sculpting™ Modifications

If you are participating in Body Sculpting™ while you are pregnant, there are a few modifications that you should be aware of.

The first would be to eliminate any exercise that becomes difficult to perform once your abdominal area increases in size, i.e., Reverse Crunches, Deadlifts or Dumbbell Rows. These, and some other exercises will become obviously impossible to do after awhile. You can substitute an alternate exercise for these or just skip the exercise set entirely.

Secondly, once your body weight increases by 7-10 pounds, stop using your weights when performing the leg exercises. Because the leg exercises are weight bearing exercises that utilize body weight, there is no need to add your dumbbells. Once your body weight increases by 10-20 pounds, begin to do less repetitions of the leg exercises. In addition, if balance becomes an issue, stop doing lunges and perform squats instead.

Consult with your physician before starting any exercise program.