

## Appendix 3-F

### Exercise Tips for the Pregnant Woman

1. Avoid holding your breath.
2. Avoid sudden changes in level or posture, such as standing up too quickly
3. Always keep your back flat, and include pelvic tilts in your exercises whenever possible.
4. Avoid long periods of lying on your back. Roll onto your side if your hands start to tingle.
5. Always wear running shoes when you are exercising for support and cushioning.
6. Wear a strong supportive bra.
7. Monitor your heart rate to be sure you stay within your target zone. Check with your fitness leader if you are not sure what your heart rate should be
8. Remember to lie down and stand up correctly
9. Check for any abdominal muscle separation regularly. Your fitness leader will show you how. If there is a separation, don't do abdominal exercises; just do head raises.
10. Always bend one knee when lying on your back.
11. Keep your back flat when you're on all fours so that it doesn't sag and strain your lower back.
12. Remember pain means stop exercising!
13. Eat some form of carbohydrate one or two hours prior to your exercise class to prevent low blood sugar and lightheadedness or dizziness.
14. Practise deep breathing and relaxation exercises at home as well as in your fitness class.
15. Take a break when you feel tired. It's good for you.
16. If you feel pain in your groin area, do pelvic tilts on all fours (pelvic rocks).

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## Appendix 3-B

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### Kegel Exercises to Strengthen the Pelvic Floor

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- The faucet

**Action:** While urinating, try to stop the flow. Continue to interrupt the flow with each urination until you establish good control.

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**Check:** ✓ The flow of urine is completely stopped.

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- The wave

**Position:** Sit with your legs apart on a chair, or cross-legged on the floor.

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**Action:** Contract all your sphincter muscles (anal, vaginal, urethral) in a wave-like motion one after the other from back to front. When complete, hold for a few seconds and then release from front to back, again in a wave-like motion.

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**Check:** ✓ The ability to contract from back to front, then release from front to back.

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- The elevator

**Position:** You can do this exercise in any position, but lying down is easiest.

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**Action:** Imagine you are riding up in an elevator. With each "floor," tighten your pelvic muscles a little more until you reach the top floor. Then descend, floor by floor, until you reach the ground floor.

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**Check:** ✓ The ride up and down should be smooth and gradual. Don't let go upon reaching the top. Try to keep your face and mouth relaxed throughout the exercise.

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