



FIT *mommies*

Just because you're about to have your first baby or you've had your third, you can get into the best shape of your life by following these expert tips from Corry Matthews, a pre/postnatal fitness expert and a recent first-time mother!

With all the joys of being a mom, maybe for the first, second or third time, part of you is probably wondering, is it safe to work out while I'm pregnant or how soon after I have my baby can I start working out again? The truth is, exercise during pregnancy is safe and doctor recommended. The American College of Obstetricians and Gynecologists (ACOG) recommends that "healthy pregnant women should exercise on 'most' days of the week. This includes cardiovascular and strength training." ACOG also recommends that women begin an exercise program postpartum (6 weeks after a vaginal delivery and 8 weeks after a caesarean).

Corry Matthews, MS, is a leading Pre/Postnatal fitness expert specializing in online training and consulting for new and expectant mothers. Her experience in pre and postnatal fitness includes serving since 2003 as the Pre/Postnatal Fitness Expert for Gold's Gym International, teaching fitness classes and seminars in hospitals and benchmarking the United States Marine Corps "Mom's 'N' Babies Getting Fit Program." In this article she shares many facts about pre/postnatal exercise, modifications and workouts. If you still want more, log onto www.pre-postnatalfitness.com and ask Corry a question.

FACTS

The American College of Obstetricians and Gynecologists (ACOG) recommends that healthy pregnant women should exercise on “most” days of the week. This includes cardiovascular and strength training.

Benefits of Prenatal Exercise:

- Prevents gestational diabetes, pre eclampsia, placenta previa
- Improves use of carbohydrates and absorption of calcium
- Keeps excess pregnancy weight gain down and minimizes stretch marks
- Faster return to pre-pregnancy weight

Benefits of Postnatal Exercise:

- Minimizes postpartum blues and depression
- Gives mom a great “stress” relief
- Gentle exercises can begin as early as two weeks with certified pre/postnatal fitness experts and doctor’s approval

Women Who Exercise Show:

- 35 percent decrease in pain medications
- 75 percent decrease in maternal exhaustion
- 50 percent decrease in induced labor with pitocin
- 50 percent decrease in intervention due to abnormalities in fetal heart rate
- 55 percent decrease in episiotomies
- 75 percent decrease in operative intervention (either forceps or cesarean)

GENERAL TRIMESTER MODIFICATIONS

First

- Keep heart rate under 140 beats per minute (bpm). Babies vital organs are developing during this time.
- Stay cool. Exercise indoors or early in the morning or later in the evening.
- Many women can maintain their current fitness level as long as no complications arise.

Second

- Avoid exercises on the back longer than 30 seconds.
- Avoid balance exercises.
- Focus exercise on abdominals, lower back and kegels. YES, you can work your abdominals during pregnancy!!!
- Stay hydrated.

Third

- All exercise lying on the back are off limits
- Ideal cardio: walking, swimming, elliptical, prenatal classes.
- Ideal strength training: machines.

SAMPLE PRENATAL TRAINING PROGRAM

Workout One:

Stationary Lunges: 3 sets of 15 reps

Leg Extensions: 3 sets of 15 reps

Seated Leg Curls: 3 sets of 15 reps

Seated Dumbbell presses: 3 sets of 10 reps

Lateral Raises: 3 sets of 10 reps

Workout Two:

Lat Pull Downs: 3 sets of 12 reps

Row Machine: 3 sets of 10 reps

One-arm Rows (lift up on tummy): 3 sets of 10 reps

Dumbbell Curls: 4 sets of 10 reps

Bar Curls: 4 sets of 12 reps

Workout Three:

Incline Dumbbell Fly: 3 sets of 15 reps

Peck Deck machine: 3 sets of 12 reps

One-Armed Dumbbell Kickbacks: 3 sets of 15 reps

Bench Dips: 3 sets of 15 reps

Rope Press Downs: 3 sets of 10 reps

BREATHING AND TRANSVERSE CONTRACTIONS

Diaphragm Breathing – lying on back, press heels into the floor and rock hips so that the lower back is pressed lightly into the floor; draw the naval into the spine. Exercise begins by inhaling and expanding the belly and then exhaling and drawing the naval into the spine. During this exercise the spine can arch and then lay flatter. Do 2 sets of 15 reps.

Dead Bug Exercise (Phase 1) – lie on back, heels into floor, naval pulled in and lower back pressed/imprinted into the floor (maintain imprint). Begin exercise with arms directly over chest, inhale and raise arms over head, exhale and bring arms back up over chest...maintain imprint throughout all of the breathing. Do 3 sets of 15 reps – this is where you add the crunch in!

Seated Elevator – (great to do this one at work, stopped at a stop light, etc.) seated with feet and knees hip-width apart, shoulders back and down, draw the belly into the spine and hold for a count of 30. Maintain breathing the entire time. Do 3 sets of 30 seconds.

Cat/Cow Stretch – from all fours, round back up into cat stretch and then arch the other way into the cow stretch, hold as long as you like.

Turn the page for more training tips!

SAMPLE POSTNATAL TRAINING PROGRAM

Workout One:

Leg Extensions: 3 sets of 15 reps
Seated Leg Curls: 3 sets of 15 reps
Seated Dumbbell Presses: 3 sets of 10 reps
Lateral Raises: 3 sets of 10 reps

Workout Two:

Lat Pull Downs: 3 sets of 12 reps
Row Machine: 3 sets of 10 reps
One-Arm Rows: 3 sets of 10 reps
Dumbbell Curls: 4 sets of 10 reps
Bar Curls: 4 sets of 12 reps

Workout Three: (Pictured)

Incline Dumbbell Fly: 3 sets of 15 reps
Peck Deck Machine: 3 sets of 12 reps
One-Armed Dumbbell Kickbacks: 3 sets of 15 reps
Bench Dips: 3 sets of 15 reps
Rope Press Downs: 3 sets of 10 reps



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ELL

One-Armed Dumbbell Kickbacks



Bench Dips



Rope Press Downs

