

JEM THE MAMMA COACH

Pregnancy Health & Fitness

A trimester by trimester guide on how
to stay fit and healthy during your
pregnancy.

DID YOU KNOW?

**Exercise during pregnancy
actually results in kids with
less weight issues as they
get older.**



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HOW TO USE THIS GUIDE

This guide is super simple to use, give it a read and take what you need based on where you are at in your pregnancy journey, or skip ahead to the pages that are relevant to you. Whether you are in T1, T2, or T3 and just looking for info specific to that trimester, or whether you just want to know more about what you should/shouldn't be eating. This guide covers it all.

Where you see this icon, simply click what it is pointing at and a link will open, whether that be to more social media pages to help you, or to videos of the exercises and exactly how to do them, this icon will open up an external browser to show you something more.



If you need any additional support feel free to contact via social media or email, and once little one has arrived you can receive exclusive offers on Jem's rehAB abdominal recovery programme and coaching.

About the authors



I am a Female Fitness specialist and a first time Mamma (to Jasper my little 14 month old). I have a BSc in Anatomical Sciences, as well as extensive qualifications in pre and postnatal exercise, health and fitness. I have trained ladies of different starting abilities and fitness levels throughout all stages of their pregnancy. I am fully aware of the adaptations and capabilities that different women will have and need, to be fit and healthy throughout pregnancy, and aware of how difficult pregnancy can be from personal experience. I am also certified in Baby Yoga, Baby Massage and Toddler Yoga, as well as Menopause.

JEMMA WRIGHT

@Jem.TheMammaCoach
@TheFitNest.co.uk
Jemma@thefitnest.co.uk

About the authors



I am a Paediatric Doctor with a Degree in Nutrition and Dietetics and a keen interest in fitness and nutrition. I have used this experience to develop nutrition advice and recipes for pre, during and post-pregnancy. As a Paediatric Doctor and Nutritionist and mum to two very active boys, I am keen on healthy and easy baby weaning and recipe ideas, that work for the whole family.

SARAH HALLETT

Together we met as Personal trainer and Client, and a strong friendship developed from there. A couple of years ago we realised that there was not enough streamlined advice out there for training and nutrition throughout all stages of the fertility journey. We were often being asked for advice on fitness and nutrition, especially given the advice from the NHS is often generalized for the majority, and sometimes quite 'old school', so we developed together this info pack.

We aim to give you clear instructions and guidance for health, fitness, nutrition and well-being throughout all stages of you growing a tiny human, so you can feel confident in the knowledge you are doing the best you can for you, and baby. From pre-pregnancy and wondering what you should be eating and how you should be exercising to get your body baby ready; through to what you 'should and should not' do throughout your pregnancy journey; following on to how you can regain confidence in your fitness and nutrition as a new mummy and finally recipes for weaning baby whilst staying healthy yourself- We've got you covered!

We are really excited to have put our efforts in this pack along with our other products for you to enjoy and put to good use. In this PREGNANCY INFO pack, we will provide you with clear do's and don'ts of exercise and nutrition throughout pregnancy, along with some example exercises and a sample recipe. Well done Mamma's you are not only keeping yourself healthy but setting baby up for life by being fit and healthy yourself throughout your pregnancy.



Nutrition



01

INCREASING CALORIE INTAKE

SHOULD I BE EATING FOR TWO?

The short answer is no...however your body will need slightly more energy as the baby grows and particularly in the third trimester. All women are different, some women store body fat more easily than others, and exercise levels fluctuate when pregnant.

In women who stay active in pregnancy, research recommends:

- **No extra increase in calories to normal in Trimester 1**
- **About 350kcal per day extra calories in Trimester 2**
- **Up to 500kcal per day extra in Trimester 3**

The NHS will often suggest 200-250kcal extra, this is because much of the population is often overweight, and not exercising during pregnancy. The guidance we have provided is for healthy weight, exercising mummy's to be, to provide the correct calorie increase to continue active lifestyles whilst also promoting healthy growth of baby.

FOOD AVERSIONS & CRAVINGS

02

**“Dispensed
Fanta only
please!”**

“It is a lot easier said than done when it comes to cravings/aversions. When pregnant with my little boy for about a month I lived off mashed potato and Lunchables as that was all I could stomach. Plus a HUGE craving for Fanta, but very specifically, not a can, not a bottle, a dispensed Fanta. I think I went to the McDonald’s drive thru 3x in one week just for a Fanta – oops!” – Jemma

Food aversions can be due to one particular food, or again a whole group of foods. Nausea can sometimes be stopped or improved by eating regularly and making sure you have some complex carbohydrates that will release sugar into your system slowly over a few hours, rather than all at once.

If you are really struggling with pregnancy sickness (why it is sometimes called morning sickness is beyond us as it can happen ALL day!) please contact your GP as they can prescribe anti-sickness medication which was a life savour for both of us during our pregnancies.



FOOD AVERSIONS & CRAVINGS

02

You might find your body craves certain foods at certain times of pregnancy. If this is carrots and hummus during your second trimester, or chicken sandwiches, then go right ahead. If it's foods full of sugar and fat, by all means indulge yourself, but try not to focus solely on these foods.

Cravings can often be avoided by eating smaller and more frequently, and also adding in healthy snacks throughout the day. To try and curb those sugar cravings you can try adding in an afternoon snack, such as our homemade protein balls or healthy muffins or keep it simple with nuts and raisins.



03

NUTRITION DO'S & DON'TS

DO VS DON'T (Limit intake of)

DO	DON'T
Folic Acid Omega 3 Fatty acids Vitamin D Iron	Caffeine (Limit) Alcohol Too much Vit A Nicotine

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03 DO

The following are crucial for foetal development...

Folic acid

Folic acid is key to reducing the chances of baby developing neural tube defects such as spina bifida which causes disability.

Continue having supplements of folic acid (400 micrograms a day) until 12 weeks, and by trying to choose folic acid rich foods within some of your food choices.

Foods high in folic acid:

- Avocados
- Spinach, Kale and other leafy greens
- Lentils
- Broccoli
- Seeds and Nuts
- Fortified cereals and grains

Omega-3 fatty acids

Omega 3 fatty acids are perfect for baby's brain development, and great for mums too particularly for skin and hair.

Foods high in Omega-3:

- Salmon (2x per week max.)
- Nuts and Seeds
- Chia Seeds
- Plant oils; flaxseed, soyabean, canola



03 DO

The following are crucial for foetal development...

Vitamin D

Vitamin D helps to control the amount of calcium and phosphate in the body, and so is needed to keep bones, teeth and muscles strong for both mum and baby.

Deficiency can cause bone deformities in babies. Vitamin D is also used in the formation of Dopamine (one of your happy hormones) so to help stay a little more level with regards to hormonal mood fluctuations we want to ensure adequate Vit D.

Foods high in Vitamin D:

- Oily fish
- Red meat
- Eggs
- Fortified foods i.e. breakfast cereals

Remember with oily fish to try and only have it around twice a week as they can contain other things that can build up in the body during pregnancy if you're eating it in high quantities.

03 DO

The following are crucial for foetal development...

Iron

Iron helps to improve the oxygen carrying abilities of blood around the body, taking much needed oxygen to all our organs including baby. It also helps mums stay higher in energy and stops you becoming too tired and lethargic. Iron deficiency can be common in pregnancy, because the baby needs iron to develop and function.

Foods high in iron:

- Spinach
- Red meat (cooked well done)
- Beans
- Nuts
- Dried fruits
- Wholegrains
- Fortified breakfast cereals.

Nutrition Nugget: why not add a handful of spinach to your smoothies, pastas, and omelettes to increase iron, without impacting taste.



03

DON'T

The following are either absolute no no's or to be limited...

Caffeine

Caffeinated drinks and foods are recommended to be only consumed in moderation during pregnancy (these are things like coffee, tea, coca cola, but also chocolate and cocoa-containing products- sorry!). It is recommended to limit caffeine intake to no more than 200mg per day.

There is roughly:

- 140mg in a mug of filter coffee
- 100mg in a mug of instant coffee
- 75mg in a mug of tea (green tea can also have just as much caffeine in it)
- 40mg in a can of Coca cola
- 80mg in a 250mg can of energy drink
- Approx. 25mg in a 50g bar of plain dark chocolate (and about half in milk chocolate)



"I did however once have a GP client who drank 6-8 cups of coffee per day, and she said the shock to her system to cut down to 2 would be worse than the extra caffeine; so she cut down to about 4 cups per day. Not what we recommend, but if you go over once or twice it may not be the end of the world."
- Jemma

03

DON'T

The following are either absolute no no's or to be limited...

Alcohol

Drinking alcohol during pregnancy increases risk of miscarriage, premature birth and can also cause your baby to have a low birthweight. It can also in excess cause something called fetal alcohol syndrome which can cause significant problems to the baby and child as they grow and develop.

There is some info out there that says T2 onwards it is safe to have the occasional glass of wine, however the majority of research indicates there is no 'safe' level, therefore best to avoid.

Don't worry, there are plenty of good 0% alcohols out there for you to enjoy instead!



"I was pregnant over Christmas, and Freixenet 0% Rose Prosecco was a win for me! I still drink it now as I am not much of a big drinker in general, oh and there are some great 0% flavoured Gin's also for a sneaky GnT." – Jem

03

DON'T

The following are either absolute no no's or to be limited...

Vitamin A

Vitamin A (or retinol) helps to build developing immune systems, but in high quantities it can build up in the liver (because it is fat soluble) and can cause congenital birth problems to the foetus.

Vitamin A is found in high quantities in foods such as liver and liver pate, therefore these should be avoided during pregnancy. Supplements containing vitamin A should also be avoided, as should certain medications that contain vitamin A (things like isotretinoin). If you take any regular medications discuss these with your doctor.

Nicotine/ Smoking

Not quite nutrition, but 'back in the day' chewing tobacco was a thing we guess!

If you smoke, seek help to quit smoking when trying to conceive. GPs and health centres have excellent support for quitting smoking and methods of helping you achieve this goal. Smoking in pregnancy can have lots of bad effects on your baby, including stopping them growing properly and also give them health problems including with their breathing when they are born.

Milk, Dairy & Some Cheese:

You need to avoid unpasteurised cheeses (like soft brie, camembert and chèvre) unless completely cooked through. This is because there can be a risk of Listeria (a bacteria which can affect the baby). All milk and dairy products need to also be pasteurised, it will say on the packet whether it is and most supermarkets now sell a pasteurised version so happy hunting!

“when it comes to Camembert at Christmas I am HUGE fan, and this was the one thing I was devastated about, however, cooking the camembert destroys the bacteria. So as long as you cook the camembert (I mean who eats camembert cold? When they could eat it all hot and melty....yum) and really cook it (so add 5-10mins to the cooking time).” - Jem



“Camembert at Christmas YES please!”



Meat:

Meats such as chicken, pork and beef are absolutely fine but need to be cooked through thoroughly, and have no trace of pink or blood. (Be particularly careful with BBQs)

Cold cured meats like salami, chorizo, prosciutto must also be cooked thoroughly.

All types of pate, liver products and raw or undercooked meat must be avoided. This is because there is a small risk of getting Toxoplasmosis which can cause miscarriage and other problems in pregnancy.

Fish:

Avoid raw shellfish, and sushi or raw fish if the fish has not been frozen first (most supermarkets and restaurants will be able to tell you if their fish was frozen beforehand).

Recommendations:

- Eat no more than 2 portions of oily fish per week (salmon, trout, mackerel, herring)
- Eat no more than 2 tuna steaks (or 4 medium sized cans of tuna) per week.

This is because oily fish and tuna can have pollutants and mercury in them which in excess can harm the baby. In small amounts they are absolutely fine and a healthy way of adding omega 3 oils into your diet!

Eggs:

Historically eggs to be safe must be cooked all the way through, due to a risk of salmonella, however now as long as the egg has a British Lion seal of approval stamp on it you can enjoy a runny egg. Completely raw egg should be avoided.

All duck, goose and quail eggs must be thoroughly cooked through until the whites and yolks are solid. This is to try and avoid food poisoning caused by Salmonella.

Be careful of homemade mayonnaise as this is typically made with raw eggs (but who has the time?), store bought mayo is usually fine.



Now that you are fuelled properly...let's learn how to use it.





Recipe



BLUEBERRY & COCONUT MUFFINS

Ingredients:

- 1.5 cups Oats- blended into flour
- 1 cup Oats
- 2 ripe bananas
- ½ cup maple syrup OR honey
- 2 eggs- beaten
- 1 cup milk- any choice
- 1 tbsp baking powder
- ½ teaspoon salt
- ½ cup desiccated coconut
- 1 cup blueberries- fresh (washed and dried off) or dried are fine



“Don’t worry too much about what a ‘cup’ is, as long as you use the same ‘cup’ to measure everything it will turn out great” – Sarah

Method:

1. Preheat oven to 190 degrees or 180 degrees fan-assisted
2. Spray muffin tin with cooking spray or use 12 muffin cases and place in the tin.
3. Blend 1.5 cups of oats in a blender until they have a flour consistency- this won’t take long.
4. In a large bowl, mash and mix bananas until there are no lumps
5. Add to the banana, the maple syrup (or honey), milk and beaten eggs and stir well.
6. Add the dry ingredients into the mixture wet mixture (the ground oat flour, remaining whole oats, baking powder and salt. Mix well.
7. Gently stir in the desiccated coconut and blueberries.
8. Bake for approx. 20 minutes or until golden brown
9. Allow to cool for 5 minutes in the tin prior to transferring to a cooling rack

These muffins are perfect for the whole family and will keep up to 4-5 days in an airtight container, or freeze really well for up to 3 months!



Exercise



EXERCISE DURING PREGNANCY

Did you know?



Research shows that exercising during pregnancy not only has incredible benefits to you, but also has benefits to baby not just now but in future life. If you exercise and stay healthy during pregnancy babies are less likely to have weight issues as they get older.



01

TRIMESTER 1

T1: 0-13 WEEKS

BENEFITS

The benefits of training during pregnancy to both you and baby are numerous.

Exercising can better help you prepare for birth, help make you stronger and fitter ready for having a tiny human to care for and help your body to repair post pregnancy. It can also help to reduce instances of pregnancy complications such as gestational diabetes and pregnancy induced hypertension and also helps to reduce the likelihood of needing an emergency C-section.

Exercise during pregnancy also helps to reduce the risk of premature birth, reduces the risk of either low or too high birth weight of baby, but also helps to increase the placental function therefore providing baby with more nutrients and exchanging of more toxins.

01

TRIMESTER 1

DO	DON'T
Stay active Focus on core, posture and pelvic floor Stay within normal range of motion for you and limit stretches to 15 seconds Listen to your body Maintain breathing and reduce intensity of exercise	Start a new training programme if you are a non-exerciser* Perform any concentric (crunching) contractions or uncontrolled twisting of the abdomen Do any progressive stretches (15 seconds +) Don't worry if sickness/tiredness gets the better of you Participate in any HIIT training and limit heavy overhead lifts and static holds.

EXERCISER

We define an exerciser as someone who has been exercising regularly (2-3x per week) in the 6 months leading up to pregnancy. If you are an exerciser you should continue with your normal exercise regime, simply adjust it accordingly, to your energy levels and adjust the focus to fitness maintenance rather than fitness progression. You should concentrate on core, posture and pelvic floor.

Whilst concentrating on core, we do not recommend concentric contractions i.e. crunches and uncontrolled or weighted twists i.e. Russian twists as there is a tiny chance (<1%) that the placenta may come away from the abdominal wall.

VS.

NON-EXERCISER

Defined as someone who has not been exercising regularly (2-3x per week) in the 6 months leading up to pregnancy. If this is you, historic recommendations have been to wait until T2 before starting a new training regime, however new research suggests that the benefits of starting exercise during T1 if you are a non-exerciser, far outweigh any potential risks. However, the recommendations are to start slow and low impact and potentially pregnancy specific i.e. pregnancy yoga or Pilates. Or start with swimming, walking and bodyweight exercises. Then once you hit the T2 mark you can start to progress a little further.

01

RANGE OF MOTION

DO	DON'T
Stay within normal range of motion for you and limit stretches to 15 seconds	Do any progressive stretches (15 seconds +)



Especially in trimester one, there is a huge spike in the hormone relaxin this helps to relax the pelvic muscles, allowing the pelvis to widen allowing space for baby to grow and to assist in the birthing process. This hormone however does not just target the pelvis, it effects all other joints in the body, therefore when mobilising, exercising or stretching be mindful of your normal range of motion. If you can suddenly drop into the splits, this is more than likely due to relaxin. Limit stretching to maximum 15 seconds per stretch. This is mainly because we don't want to pull anything, or lengthen the body beyond its normal range which could cause issues postnatally with regards to joint stability.

01

EXERCISE INTENSITY

DO	DON'T
Listen to your body Maintain breathing and reduce intensity of exercise	Don't worry if sickness/tiredness gets the better of you Participate in any HIIT training and limit heavy overhead lifts and static holds.

This one is an easy one to remember; if you can breathe, baby can breathe.

Your blood is what transports oxygen around the body, and to baby. To make this oxygen supply effective and efficient it is recommended you keep your heart rate below a certain level. If you wear a heart rate monitor the following heart rate ranges are recommended:

- Under 20 years of age = maintain heart rate 140 -155bpm
- 20 – 29 years of age = maintain heart rate 135 – 150bpm
- 30 – 39 years of age = 130 – 145bpm
- Over 40 years of age 125 – 140bpm



01

EXERCISE INTENSITY

However If you do not have a heart rate monitor and often a better/easier method of monitoring is whether you could hold a conversation whilst exercising. If you could hold a conversation relatively easily whilst exercising you are right where you need to be. If you are struggling to breathe/talk then you should reduce the intensity i.e. by slowing down pace or lifting a lighter weight or stop completely and take a rest.

Heart rate monitors can vary in accuracy especially depending on where they are worn i.e. wrist heart rate monitors are less accurate than ones worn around the chest as they are further away from the heart. And also don't take into account overall health and fitness and personal max heart rates. So the conversation method is often an easier and more efficient and effective way to monitor heart.



HIIT – HIGH INTENSITY INTERVAL TRAINING

This is absolutely not recommended at all, as the whole point of this type of exercise is to reduce oxygen uptake into the muscles, the body then spends the next 24-48 hours trying to replenish this oxygen and this is what creates the ‘afterburn’ effect, where you burn more calories.

However whilst pregnant you want to maintain a consistent and steady breathing rate throughout exercise to ensure adequate oxygen uptake into the muscles and to baby, therefore HIIT training should be removed from your exercise regime.

HIIT training has also been found to increase core body temperature more than a jacuzzi would, and these are dictated by doctors to be avoided.

It should be noted that small less contrasting intervals (whilst still maintaining a conversation) can be useful for labour preparation as this is an interval workout in itself. However this should be done under the guide of a pre and postnatal professional.

“I always pop low intensity intervals into my pregnant clients training programmes, as this mimics the act of labour, so helps you to better prepare for it. However these are done under strict guidelines with ‘STOP’ recommendations” – Jem

01

STATIC HOLDS & OVERHEAD LIFTS

These tend to increase heart rate as they increase intra-abdominal pressure, but we also tend to hold our breath during these types of exercises.

We therefore recommend; for overhead lifts in particular reduce the weight and increase the rep range (3 sets of 12-15) and maintain breathing throughout, whilst also doing them seated to ensure posture.

Static holds such as the plank; would not be recommended at all due to the pressure on the lower back and abdomen as baby gets bigger. A static hold such as a wall sit, just limit the time to maintain breathing and intra-abdominal pressure, as well as posture.



NUTRITION NUGGET

Remember in trimester 1, you need to increase your folic acid intake, but not your calorie intake.

TRIMESTER 2

02

14 – 26 weeks

DO	DON'T
Stay active, and do start a new training programme if you are a non-exerciser Focus on core, posture and pelvic floor, as well as balance and strength in the exercises you will need as a Mamma. Stay within normal range of motion for you and limit stretches to 15 seconds Maintain breathing and reduce intensity of exercise, and duration of exercise.	Be scared to start a new training programme as a non-exerciser Perform any concentric (crunching) contractions or uncontrolled twisting of the abdomen, or lie flat on your back Do any progressive stretches (15 seconds +) Participate in any HIIT training and limit heavy overhead lifts and static holds.

The majority of 'Dos' and 'Don'ts' during trimester 2 remain the same, changes are highlighted above. Reduce intensity and duration of exercise further, and begin to incorporate some balance exercises as your centre of gravity starts to shift and balance becomes a little...wobblier.

TRIMESTER 2

02

Historically the advice for non-exercisers has been to not start exercising during pregnancy, or to not start until T2. Now however the research states you are perfectly safe to commence an exercise programme as a non-exerciser, in T1 this can be gentle yoga, walking and swimming then in T2 you can start to incorporate some strength training starting off with bodyweight exercises.

As a non-exerciser simple is the most effective; yoga, Pilates, swimming, walking, and bodyweight exercises, and you and baby will still reap all the benefits outlined above.

For all exercisers, any exercises where you would typically be on your back, elevate these now either on a bench, on the elbows or on a swiss ball. This helps to maintain blood flow and oxygen flow to you and baby, and reduces the risk of dizziness.

NUTRITION NUGGET

You need around 350kcal extra per day in second trimester. Aim to have this around 30-45 minutes prior to exercise with around 30-50g of carbohydrates in it to reduce the risk of low blood sugar and dizziness during your workout.

03

TRIMESTER 3

DO	DON'T
Stay active, stay cool and drink lots of water Focus on core, posture and pelvic floor, and balance Stay within normal range of motion for you Limit stretches to 15 seconds Maintain breathing Reduce intensity of exercise (bodyweight exercises), and duration of exercise. ALWAYS LISTEN TO YOUR BODY	Be scared to start a new training programme as a non exerciser Don't perform any concentric contractions or twisting of the abdomen, or lie flat on your back Don't do any progressive stretches (15+ secs) Don't do any form of HIIT training Limit over-head lifts and static holds

Once again in trimester 3 much of the advice remains the same, the only additional advice here would be to move any weighted strength exercises to body weight exercises. This is the time where baby is constantly growing and therefore you are already lifting heavier weights...bump. There is no need to add extra to this.

NUTRITION NUGGET

Trimester 3 baby is growing a lot therefore you need around 500kcal extra to support this as well as to be able to exercise.

ABOVE ALL ELSE

LISTEN TO YOUR BODY
UNSURE? ASK YOUR GP



IF SOMETHING DOESN'T FEEL RIGHT, STOP, AND
CONSULT YOUR MIDWIFE OR DOCTOR

When NOT to exercise at all!

These are contraindications to exercise by medical standards if you present with any of the following you should cease exercise immediately or seek medical advice:

Absolute contraindications (stop immediately)	Relative contraindications (seek medical advice prior to exercising)
Heart disease Lung disease Incompetent cervix Persistent bleeding Placenta previa Premature labour/ waters breaking Hypertension and pre-eclampsia Multiple Gestations (aerobic + weight training, but yoga/swimming are okay)	Multiple gestations Heavy smoker Severely under or overweight Severe anaemia Maternal cardiac arrhythmia Chronic bronchitis Poorly controlled type 1 diabetes Poorly controlled seizure disorders or hypertension

THEORY DONE, LET'S GET
PRACTICAL!

Exercises to do



Following are a selection of exercises to do throughout pregnancy along with associated videos, including a how to on pelvic floor exercises. Plus a recipe to finish.





Pelvic floors



Pelvic floors



EXERCISES

01

First try this once to get a feel for what it should feel like. When going to the toilet, try and stop the flow of urine by contracting your pelvic floor muscles (not your bum). This is a pelvic floor exercise and this is what it should feel like. Don't worry if you can't fully stop the flow, especially if this is not your first baby, the more you do the following, the stronger the pelvic floor muscles will become.

When performing these daily however you should not do them whilst you do need to pee, the above is just to make sure you know what it should feel like.

Complete variations of the following pelvic floor exercises to help strengthen them;

- Fast: try 10 quick succession contractions
- Slow: holding one squeeze for 10 seconds



Pelvic floors



Aim to complete 2-3 times per day

Top tip: pick 3 simple tasks such as doing the dishes, cleaning your teeth, or sitting at traffic lights and perform them during this time.

Pelvic floors are crucial to supporting baby, your internal organs and prevent stress incontinence. Having a strong pelvic floor is really important especially after pregnancy so you can get back into exercising more swiftly and successfully.

“A lot of people think that if you have a C section, you won’t need to do pelvic floor exercises, however yes the pelvic floor gets more pressure put on it during a vaginal birth, but actually pregnancy itself puts a lot of pressure on the pelvic floor, whether baby comes out via a section or not. It isn’t actually the pelvic floor that pushes baby out, your cervix moves out of the way and your abdomen contracts to push baby out. Moral of the story, pelvic floors are crucial for all pregnancies, not matter the method of birth.” – Jem



Pelvic Tilt
Cat Cow
Glute Bridge
Clamshells
Piriformis stretch



02

PELVIC TILT



Pelvic tilts alongside pelvic floors are essential during pregnancy! We get what is called an anterior pelvic tilt, where the belly pulls forward and it means a lot of pressure is placed on the lower back, knees and hips. Doing pelvic tilts helps to relieve this, and also helps posture 'return' back postnatally a little easier.



03



CAT COW



Cat cows are also a great way to release lower back pain, as well as incorporate pelvic tilts and pelvic floors into one exercise. Also boobs get a lot heavier during pregnancy, pulling the chest forwards and tightening it, this helps to open the chest and engage the upper back to counter this.

04

GLUTE BRIDGE



Glute bridges help to put a pelvic tilt and glute activation together in one exercise. Thus helping to relieve lower back pain, and engage the glutes so the lower back doesn't do as much of the work.

Don't forget after 16 weeks you can't lay flat on your back so adapt these by doing them on an elevated surface (sofa, bench, bed) or a swiss ball.



CLAMSHELL



05

Clamshells go into ALL of my pregnant client programmes, as they can be done lay down on your side, with a pregnancy pillow underneath you if you need, they also help to release a lot of lower back pain by engaging the glutes to do the work, so your back doesn't.

06

PIRIFORMIS STRETCH



If you are struggling with sciatica, as many pregnant women do, due to the change in posture and the anterior pelvic tilt, then this is a great stretch to help release and can be done seated or standing.



These are just a small fraction of exercises recommended for pregnant women, others include:

- Chest openers
- Face pulls
- Lat pull down
- Hip hinges
- Deadlifts
- Shoulder press
- Superwoman's
- etc.

The list goes on and on.

Make sure you follow [Jem.TheMammaCoach](#) on social media for more videos.

Thank you for reading and we hope you
have found this e-book useful

If you want more tailored support, or more info,
please do not hesitate to contact!

THANK YOU!



REHAB OFFER

Once little one has arrived simply message Jem
on any platform 'E-BOOK REHAB' and you will
receive an exclusive discount on my rehAB
course, designed to recover, repair and correct
your posture and core from pregnancy and birth.