

HOW IMPORTANT IS EXERCISE FOR PREGNANCY?

There are many reasons why you should exercise whilst pregnant including:

- Fights fatigue
- Improves sleep quality
- Reduces constipation
- Helps prevent and manage pregnancy related back pain
- Improves your posture
- Improves circulation
- Stress relief
- Guards against gestational diabetes
- Can help with an easier labour
- Speeds up postpartum recovery

Some important things to consider during exercise whilst pregnant:

- Hormonal effects on the body (e.g. relaxin) loosen your joints
- Structural changes – due to weight gain and an altering of your center of gravity
- Hydration requirements due to increase in blood flow
- Temperature regulation changes due to increased weight and blood flow.
- Hormonal changes may affect your mood

POSTNATAL EXERCISE

Along with many health and fitness benefits, postnatal exercise can hasten recovery, assist with muscle recovery and toning, and reduce stress and depression.

IT IS RECOMMENDED THAT WOMEN CAN BEGIN EXERCISE SIX WEEKS AFTER GIVING BIRTH.

Benefits of postnatal exercise:

- Increase abdominal muscle strength
- Reduce post natal depression risks
- Improve pelvic floor strength and minimise incontinence
- Reduce post natal depression risks
- Improve pelvic floor strength and minimise incontinence
- Restore muscle strength
- Increase energy levels
- Increase cardiovascular strength



WHY SHOULD YOU WORK WITH AN ACCREDITED EXERCISE PHYSIOLOGIST BEFORE AND AFTER PREGNANCY?

It is beneficial to be screened and guided by an Accredited Exercise Physiologist before you undertake any physical activity to reduce risk of injury, herniation, or other pregnancy related complications.



WHAT IS AN ACCREDITED EXERCISE PHYSIOLOGIST?

Accredited exercise physiologists (AEPs) specialise in clinical exercise interventions for persons at high-risk of developing, or with existing chronic and complex medical conditions and injuries.

These interventions are provided by exercise delivery including health and physical activity

education, advice and support; and lifestyle modification with a strong focus on achieving behavioural change.

AEPs are recognised allied health professionals and specialists in their field displaying a diverse range of knowledge and skills, working across a variety of areas in health, exercise and sport.

The aim of an AEP intervention is to prevent or manage chronic disease or injury, and assist in restoring one's optimal physical function, health or wellness.

WHAT MAKES ACCREDITED EXERCISE PHYSIOLOGISTS DIFFERENT TO OTHER EXERCISE PROFESSIONALS?

-  They are university qualified
-  They undertake strict accreditation requirements
-  They are eligible to register with Medicare Australia, the Department of Veterans' Affairs and WorkCover and are recognised by most private health insurers
-  They can treat and work with all types of people, those who want to improve their health and wellbeing to those unfortunately living with a chronic disease

-  AEPs have the skills and experience to prescribe exercise for chronic disease and injury

