

EXERCISE FOR MOMS

Regular exercise during pregnancy can improve your posture and decrease some common discomforts such as backaches, bloating, fatigue & swelling. There is evidence that physical activity may prevent gestational diabetes, & lowers risk of preeclampsia. It also relieve stress, builds stamina needed for labor and delivery, helps you sleep better, and lowers the risk of cesarean



Tailor sitting

sit on the floor (or stool) and bring feet together so the soles meet (as close as possible) sit up straight and let shoulders drop. Let knees press down to help open up the pelvis. This helps to stretch the hips

Bridging

lay on your back with arms palm down by sides, feet flat on the ground. Lift hips. This strengthens hips, glutes. Helps to relieve back pain.



Squatting

stand in neutral position (hips aligned with knees and ankles all soft) as you lower with your weight in the heels pull your bottom back keeping your knees aligned with your ankles. Your chest is open. When you feel tension use your bottom and legs to push you back up. This strengthens quads, glutes, core and lower back.



Bird dog

get onto all fours knees below hips and wrists below shoulders. Lift one arm to be level with the back then release back down and repeat on the other side. Lift one leg straight with your back (or as close as possible) then release back down and repeat on the opposite side. Do this to help transverse muscle and strengthen abs and back.



Hip flexor Stretch

- take a knee. One foot is flat on ground while the other is top of foot to the ground. Keep the pelvis neutral back straight, chin up and then lean into the front leg. Repeat opposite leg.



Bridge Marching

- lay on back with arms by your sides palms down. Feet flat on the floor lift hips. When steady lift one leg keeping pelvis and hips straight. Alternate legs



Ball Squat

place ball on the wall place feet about 1 foot in front of where the ball ends push hips back into ball. Shoulders and hips aligned slowly lower to comfortable position breath in as you lower exhale as you lift



Warrior Pose

standing neutral, take a step to the side point foot forward rotate back foot to 45 degree angle slide back leg till knee is above ankle on front leg. Bring arms up to shoulder level, keep back straight, take a few deep breaths then rotate sides.

Affirmations are exercise for the mind

"I am Strong, My body is Preparing for the Birth of my baby"



Hip Hinge

standing neutral (hips aligned with knees, & ankles feet hip width apart) place hands on hip (or fingertips behind ears) leading with belly button and keeping back straight, eyes forward when feel the stretch lift back up. Repeat



Modified Static Lunge

- take a wide stance with your weight in front heel both feet are straight back leg slightly bent. Looks like taking a knee.



IT Stretch

standing in neutral place one foot slightly more forward than the other (still hip width apart) hinge at the hips. Push bottom back while keeping back straight. Repeat with other leg



Piriformis Stretch

- lay flat on your back with your feet flat on the ground. Place an ankle on your knee and grab under the knee of the foot flat on the floor and pull to the chest..



Single leg Balance & Reach

neutral standing position straight back chin up chest open. Lift one foot off ground keeping hips straight hinge at hips on side with leg up, bring arm forward level with shoulder. Opposite arm on hip for stability. If needed, you can place toes on ground for extra support.

Modified Side Plank

lay on side with elbow under shoulder pelvis neutral neck relaxed knees bent left hips



Goddess Pose

step out wide from neutral position feet are pointing out. Weight in heels as you lower push that booty back keep knees over ankles.



Extended Side Stretch

neutral position step out rotate foot pointing out keep knee over ankle reach opposite arm over to stretch side. Forearm on leg for balance. Keep pelvis forward arm up.

Affirmations are exercise for the mind

"I trust my body to deliver my baby"



Leg Extensions

side plank position bottom leg at 90 degree, top leg straight. without rolling back or forward, keeping the pelvis aligned and straight. lift leg to comfort level and slowly lower repeat 10 times and switch sides.



Calves

- sit on ground, place the roller just above your ankles with hands on the ground behind yourself to support you. lift bottom off and push forward and back. set back down when needed to adjust. This movement Strengthens heels for squats



Hip Flexor

Get in a side position. Place your arm at 90 angle supporting weight. place the roller just above the knee. Lift hips up and use your arm to support and let roller run up the thigh up to the hip. Place top foot in front for extra support if needed



IT Band

get in side plank position. place your arm at 90 degree angle wrist under shoulder. place roller under hip. lean back just slightly so that it is on the side of the bottom/leg roll down to knee resting on any tender spots



Cat & Cow

mom is on all fours. Wrists aligned with shoulders, knees aligned with hips. Begin by moving into Cow Pose: Inhale as you drop your belly towards the mat. Lift your chin and chest, and gaze up toward the ceiling. Broaden across your shoulder blades and draw your shoulders away from your ears. Next, move into Cat Pose: As you exhale, draw your belly to your spine and round your back toward the ceiling. The pose should look like a cat stretching its back. Release the crown of your head toward the floor, but don't force your chin to your chest. Inhale, coming back into Cow Pose, and then exhale as you return to Cat Pose



Birth Squat

Bending yourself at the waist reach down, place forearms or elbows by knees, Keeping your upper body completely still, bend at the knees and lower your butt towards your ankles. take three deep breaths and return by lifting body and pushing through legs



Quads

- lay on the mat in a plank position with wrist below shoulders. place the roller just below the hips and roll down to just above the knee.



Piriformis

- sit on the roller with feet on the floor. Place one ankle on your knee. Same side leg that is up, place hand behind for support. Lean forward, roll in small movements back and forth, repeat with the other leg up.