

# Exercise During Pregnancy

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**Q:** *I'm not trying to lose weight during pregnancy, so why would I need to regularly exercise? I know that exercise is good for you, but is it really that important during the childbearing year? What's the big deal?*

No matter the type of birth you have - hospital or home birth, epidural or no anesthesia, vaginal or c-section – your muscles, joints and tissues WILL be challenged by the rapid changes that occur throughout the childbearing year. Physical and emotional preparation for these changes is essential.

Incorporating a regular, safe and comprehensive exercise program is beneficial for BOTH you and your baby.

## Benefits for Mom

Reduced risk of gestational diabetes, preeclampsia, preterm birth and postpartum depression

Reduced need for medical intervention during labor and delivery

Improved ability to lose both weight and fat after pregnancy

## Benefits for Baby

Better able to handle labor/delivery and adjust to life outside of the womb

Reduced risk of future weight problems

Improved neurological development

**Q:** *Can I just take a walk or go to a yoga class and be done with it?*

Short answer – just walking or taking a yoga class is not enough.

Both walking and prenatal yoga can be incorporated as **components of your exercise program**. A balanced exercise program will give you and baby the most benefits and address all of the special needs that you have during pregnancy. Your prenatal exercise program should incorporate: weight-bearing aerobic exercise, strengthening, stretching, and relaxation/breathing. Each of these elements does something different for your body and mind and they work together to keep you healthy and strong.

**Q:** *Is there a local resource available if I need help figuring out what to do for exercise or creating a balanced program?*

Pasadena-based Fit for Expecting focuses exclusively on safe and effective exercise for women before, during and after pregnancy. We offer group classes, private training, and personalized exercise programs. We are the only practice in Southern California with this focus and menu of services.

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