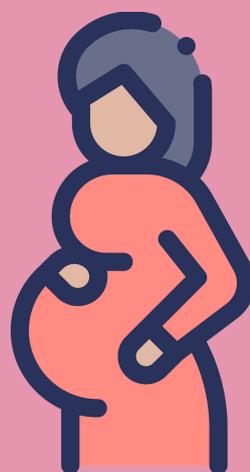


# Mama

By The Badass Rules

## Pre-Natal

## Fitness Guide





# **Welcome to Mama by The Badass Rules! We are thrilled that you have joined us at this very exciting time in your life!**



Staying active has lots of benefits for pregnancy, birth and the first months of being a new mum. The most important factor is your health, so in all instances, first and foremost follow any specific/personal advice given to you by your GP and midwife.

If you have not been given any specific instructions by your medical team to specifically include or exclude any forms of training, you should be able to train fairly normally in the manner you are used to.

Here are a few things to keep in mind:

- Do not lie flat on your back from after the first trimester. This is to ensure normal and regular blood flow around the body for both yourself and the baby. You can still take part in classes like Pilates where you are working the abdominal muscles, however rather than lying flat you can sit against a wall, sit against a gym or Pilates ball or prop yourself up on your elbows in "sun lounger position"
- Be aware of your temperature while exercising and train in a well ventilated area. Avoid becoming excessively warm. Did you know that your baby's temperature is always slightly higher than your own? The baby passes heat to you, for it to be dissipated, allowing you both to maintain regular temperature. So that this process can be managed, be aware of becoming excessively warm or overheating during exercise. This is obviously a bigger concern in summer, however it's worth staying mindful about the heating being on at home for home workouts

- There have been many studies conducted in terms of blood flow and how this is distributed around the body during exercise. It has been shown that women who regularly exercise often have a higher red blood cell count, which improved oxygen distribution to both the mother and baby. Additionally moderate exercise has been shown to promote growth of the placenta. With these benefits in mind, it was also concluded that it is advisable, when exercising at a moderate/high intensity to limit this to around 60 minute before taking some recovery time.
- Carbohydrates are used in the body for energy in the form of glucose. Primarily stored in the blood for easy availability. Pregnant women generally use this blood glucose (energy supplier) at a higher rate. If blood glucose is depleted during a workout this can lead to hypoglycaemia (low blood sugar) which makes you feel dizzy or faint. To avoid this ensure you are consuming enough calories and have also consumed a carbohydrate source before training.  
More on this in the pre-natal nutrition guide
- Hormonal changes in the body, as the body prepares for birth cause a decrease in joint stability, an increase in muscle flexibility, and softening of the ligaments meaning both your joints and muscles move more easily and tend to be less stable. This is something to keep in mind if doing classes like HIIT where moves are generally more dynamic and less controlled than they would be at Kettlebells or Pilates. Low impact options are great as they generally provide you with much greater control in the movement. Keep this in mind also when stretching. Don't overstretch passed the point you would normally stop at.
- From the second trimester it is advisable to perform planks and press ups from the knees rather than the toes to avoid excessive strain on the abs

# **Things to be aware of while training:**

- Do not lie flat on your back after 1st trimester
- Be aware of excessively high temperature
- Limit high intensity exercise to 60 mins per session
- Consume adequate calories and carbohydrates before and after exercise.
- Remember that joints are less stable, therefore be mindful to control movement.

## **Warning signs during exercise:**

If you experience any of the below during exercise, please stop your workout and consult with your GP and/or midwife:

- Leakage of amniotic fluid
- Decreased foetal movement
- Vaginal bleeding or any other sudden excessive fluid from the vagina
- Excessive/sudden fatigue
- Abdominal pain
- Pelvic pain
- Muscle weakness
- Excessive/sudden shortness of breath
- Chest pain or palpitations
- Persistent or severe headache
- Disturbed vision
- Unexplained dizziness or faintness
- Swelling, pain or redness in the calves
- Contractions

**Above all do exercise you enjoy!**  
**Pick workouts that make you feel good!**  
**Choose movement that helps you sleep!**  
**Do classes that make you feel calm!**

**Do whatever works for you to make you  
feel your best. Everyone will have a  
different path through pregnancy, make  
your pregnancy fitness journey as  
unique and as special as the little VIP  
you are carrying!**

