

YOUR GUIDE TO

HOME WORKOUTS

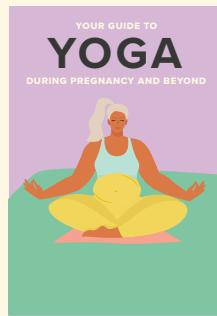
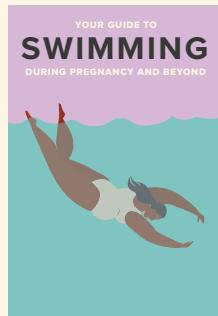
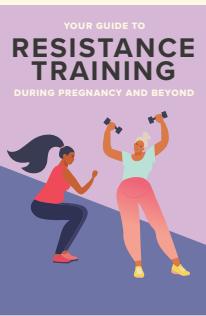
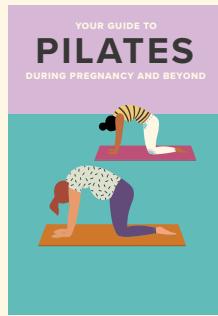
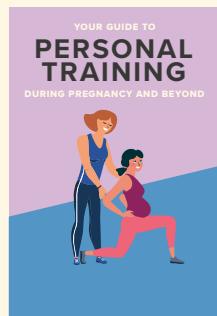
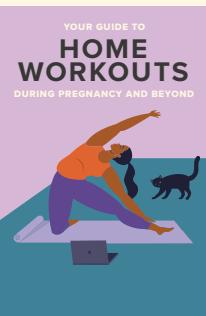
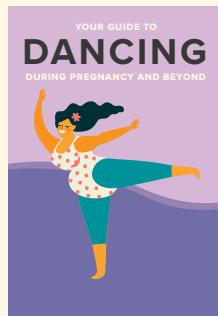
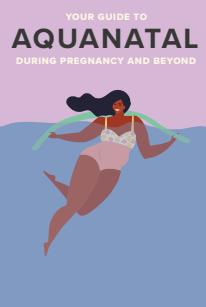
DURING PREGNANCY AND BEYOND



ACTIVE
PREGNANCY
FOUNDATION



ACTIVITIES COVERED IN THIS SERIES



ABOUT THIS ACTIVITY

It's not always easy to find the time to go somewhere to be active, but there are lots of ways that you can make this work for you. The pandemic has changed the way many of us choose to be active and there are now plenty of online resources you can access from home. For those who are new to a particular activity, it might be challenging to know where to start and what to choose.

Home-based workouts can be done either independently or through online instruction and classes. Whilst you can use equipment such as free weights and

resistance bands to add to your workouts, you can still be active at home with little or no equipment. Activities can range from resistance training to yoga and Pilates sessions, there's plenty to choose from.

With so many free resources available, not only is training in and around the home cost effective but it can also be a useful way of staying active during pregnancy as well as after childbirth, especially when time is limited, or you are struggling with childcare.

Whilst there is nothing wrong with having some time to yourself, working out at home is also an excellent opportunity to be active with your family.



- ▲ Choose your workouts carefully to make sure they are appropriate for you.
- ▲ If you are new to resistance training, start gently with bodyweight, bands and light weights and keep within your limits.
- ▲ Breathe out through the hardest part of movement.
- ▲ You don't need any special kit but consider wearing a supportive bra, sensible shoes and bump supporting leggings.
- ▲ Your workout space should be free from obstructions, not slippery, well ventilated, and heated at the right temperature.
- ▲ Wear comfortable loose clothing – consider layering to accommodate for changing room and body temperature.
- ▲ Take time to warm up and cool down.
- ▲ Take a break as and when you need to.
- ▲ Reduce high impact activities (such as jumping) which put extra strain on the pelvic floor, as pregnancy progresses.
- ▲ Eat well and drink regularly before and throughout the session to prevent dehydration and overheating.

DO'S DON'TS

- ▼ Don't continue with certain exercises or workouts if they make you feel uncomfortable.
- ▼ Don't continue to train through pain, lightheadedness, breathing difficulties, contractions, vaginal bleeding, amniotic fluid leakage, or any other unusual symptoms. Stop and seek advice.
- ▼ Avoid exercises lying flat on your back after the first trimester.
- ▼ Don't hold your breath whilst lifting weights.
- ▼ Don't push yourself to your limit, focus on moving well and feeling good.
- ▼ Avoid or modify movements where you are unable to find balance or overstretches you.

TOP TIPS

- ★ Now more than ever you will need to listen to your body, especially if the online activity is recorded, or when you are unable to talk directly to the instructor to ask for guidance.
- ★ You're in charge, so adjust rest periods, frequency and repetitions as as you feel necessary.
- ★ As a golden rule, if it feels comfortable keep going, if it's not adapt, or stop and seek advice.

★ Do your homework - when choosing an online workout be sure to check that the instructor holds the necessary pre- and postnatal qualification and can therefore adapt activities as required.

★ It's never too early or too late to start pelvic floor exercises. Try and incorporate these as part of your daily routine.

★ Being active with your partner and/ or kids can be a great way of spending time together, but also sets a good example and helps to normalise an active lifestyle, which is beneficial to everyone!



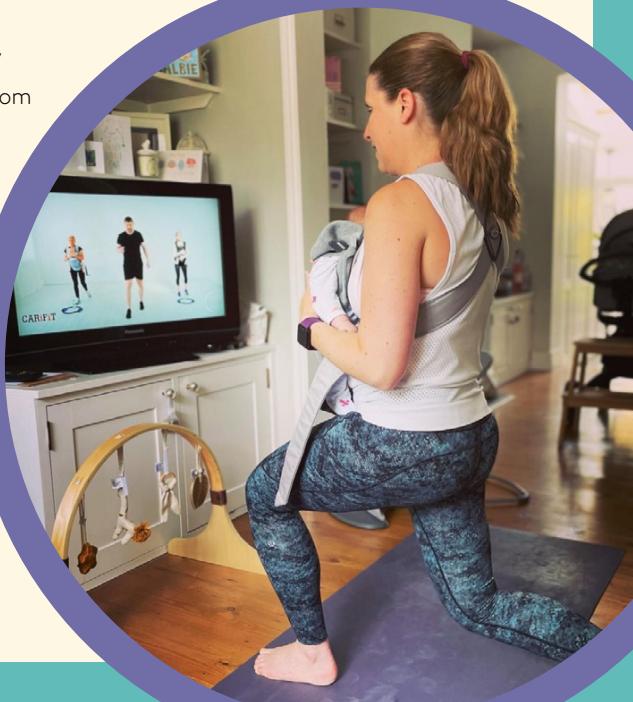
AFTER CHILDBIRTH

Give your body time to heal, prioritise rest and recovery in the early weeks. If you've had a straightforward birth, you can start gentle exercises as soon as you feel up to it. This could include walking, gentle stretches, pelvic floor exercises and exercises that target the deepest layer of the abdominal muscles. If you've had a caesarean or any surgical intervention and/or complications, your recovery time will be longer.

The 6-8 week postnatal check is a good time to discuss physical activity with your healthcare professional. Reintroduce activities gradually and focus on technique, breathing, pelvic floor and abdominal function. You should only return to higher intensity activities once you have recovered from childbirth and in the absence of any

signs or symptoms of pelvic floor and/or abdominal wall dysfunction. Consider seeking the support of a specialist pelvic health physiotherapist during this time.

Breastfeeding when being active at a moderate intensity or when taking part in strength training is safe and does not impact on breast milk quality or infant growth. Expressing or feeding your baby before working out is recommended. Also consider investing in a suitable bra that will give you support whilst training and remember to keep breast pads with you to manage any leaking that can occur.



GENERAL ADVICE

DURING PREGNANCY

It's worth noting that the national guidance applies to uncomplicated pregnancies. We suggest taking this resource with you to your next appointment and to discuss your active pregnancy with your midwife or other healthcare professional.

**If it feels comfortable,
KEEP GOING**

**If it's uncomfortable,
STOP & SEEK ADVICE**

Ask your healthcare professional about the Chief Medical Officers' national guidance for physical activity during pregnancy and after childbirth.



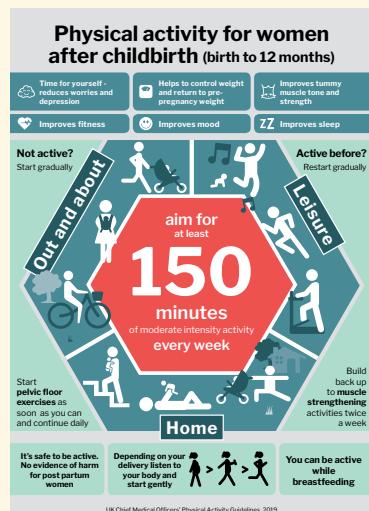
AFTER CHILDBIRTH

BIRTH TO 12 MONTHS

Reintroduction of physical activity after birth should be gradual and individualised.

The 6-8 week postnatal check is a good time to discuss this with your healthcare team, remember to take this document with you.

With any signs and symptoms of pelvic floor and/or abdominal wall dysfunction, more intense activities should not resume and referral to a specialist pelvic health physiotherapist is recommended.



“Being active has many mental and physical health benefits, so as a midwife, I can’t wait to spread the word and share these fantastic resources with new mums, mums-to-be and my professional colleagues.”

Dr Jacque Gerrard, Midwife
MBE DUniv MSc RM RGN



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DISCLAIMER

Always consult and follow the advice of your healthcare professional.
This resource does not constitute or replace medical advice.

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