

PRENATAL/POSTPARTUM FITNESS

Top 10 Exercise Do's and Don'ts For *Healthy Moms*[®]

1. **Do** engage in regular, moderate exercise for at least 20 minutes per session, at least 3 times per week. Maximum benefit is obtained by exercising for 40 minutes 5 times per week.
2. **Do** continue to exercise throughout the duration of pregnancy. James F. Clapp III, M.D. found that women who stopped exercising midway through pregnancy lost the benefits of exercise, and their babies did not receive the short- or long-term benefits from maternal exercise.
3. **Do** stay well hydrated. Drink lots of water before, during and after workouts.
4. **Do** eat a well balanced diet. Eat healthy snacks prior to exercise sessions and have a small snack prepared for post exercise consumption.
5. **Do** consider the exercise environment. If the environment is warm or humid, or if there is poor ventilation, alter the exercise session by decreasing the intensity or duration as necessary to prevent overheating.
6. **Do** wear comfortable clothes that allow for air circulation, heat expression and adequate support of the pregnant physique. (Especially the belly, breasts, back, hips and feet).
7. **Do not exercise if there is injury, disease, pain or bleeding.**
8. **Do not** exercise to the point of fatigue.
9. **Do not** engage in activities that could involve changes in air pressure such as scuba diving or high altitude hiking or climbing.
10. **Do not** engage in activities where risk of abdominal injury is increased. (For example, roller-skating, skiing, contact sports.)

List compiled by Darline Turner-Lee, owner of Next Step Fitness, Inc., a leading resource for women's healthcare and fitness located in Austin, Texas. More information about Next Step Fitness can be found at www.nextstepfitness.com by emailing mail@nextstepfitness.com or by calling (512) 288-0827.



Darline Turner-Lee is a health and fitness consultant and trainer. She blends academic knowledge with clinical experience to empower women to take charge of their healthcare and their lives. Her services include patient advocacy, education, health consulting and fitness training.

"The Healthy Moms program offered by Next Step Fitness, Inc. helped me to stay on track exercising 4 times per week during my pregnancy. Darline Turner-Lee is very knowledgeable and compassionate. I know that my labor and recovery would not have been as easy without her encouragement."

— S. W , Austin, TX

"Darline Turner-Lee provided personal training for me while I was pregnant. Her training was invaluable to me as I continued to grow throughout my pregnancy because it was personalized for my needs. I was able to continue an exercise regimen safely and effectively. This is my first child, and my labor and delivery were surprisingly fast. I believe Darline's training contributed to an uncomplicated labor and delivery. Thank you, Darline!!"

—Teri B, Wimberley, TX