Exercise During Pregnancy â€“ Regaining the Energy by

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Weâ€™re all told that exercise is vital in our everyday lives. But, exercise during pregnancy is just as vital. Regular exercise can lead to a healthier pregnancy week by week. Some of the benefits of exercise during pregnancy include:

â€¢ Regaining your figure more quickly after childbirth

â€¢ Better sleep- exercise can help reduce restlessness during pregnancy

â€¢ Greater oxygen supply for the baby, due to faster circulation of blood around the body

â€¢ Increased flexibility, which makes labour easier

â€¢ Heightened levels of serotonin, meaning your spirits are lifted

â€¢ Reduced constipation

â€¢ Better prepares the body for the physical strain of childbirth

â€¢ Reduced stress

â€¢ Chance for some much needed me-time. Enjoy time to look after yourself before the baby arrives!

So now we know the benefits, what exactly are the types of exercise suitable for mumâ€™s-to-be?

â€¢ Swimming is a popular choice. Moving in water while pregnant provides resistance which helps strengthen the heart, lungs and muscles. It is also a low-impact sport, which reduces any risk of injury. Working out in a pool is also good for self-esteem as now matter how large your pregnancy belly, you will feel almost weightless!

â€¢ Yoga is excellent in improving a pregnant womanâ€™s balance, whilst also reducing stress. Yoga is another low-impact sport, which can be continued throughout all three trimesters. This is a great choice to alleviate those aches and pains which occur during pregnancy week by week.

â€¢ Pilates toughens up the abdominal muscles which can actually help when pushing during labour. It also helps alleviate lower back ache.

â€¢ And finally, walking is a simple but effective exercise. Not much advice needed with this activity, apart from ensure you have supportive footwear.

Now you know which exercises are best during pregnancy, here are a few golden rules to follow:

â€¢ Always remember to sufficiently warm up and cool down

â€¢ Drink plenty of water before, during and after exercise to avoid dehydration

â€¢ Stop right away if you feel faint or light-headed

â€¢ Take a few deep breaths before any exercise to give your muscles an oxygen boost

â€¢ Aim for four exercise sessions per week

â€¢ Always wear a sports bra

â€¢ If taking part in an exercise class, always inform the instructor that you are pregnant. This means that they can tell you whether a specific exercise is inappropriate in your condition.

â€¢ Consult your doctor before undertaking any exercise program.

Exercise during pregnancy can be extremely rewarding for both you and your baby. So give it a go and enjoy the benefits.

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Debra Aspinall is an experienced journalist and the editor and leading writer for the Emmaâ€™s Diary website, one of the UKs foremost a pregnancy, raspberry leaf tea, a pregnancy week by week, pregnancy advice and baby websites. She writes on pregnancy, and etc. If you are searching for free baby stuff, please visit us at Emmasdiary.co.uk.

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