Pelvic Floor Exercises Getting Fit for Your Pregnancy by Colin Sutton

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Pelvic floor exercises for pregnancy can be a beneficial part of your overall fitness regime. These exercises become particularly important if you are pregnant and preparing for the birth of your child.

Fitness in Pregnancy

Many women do not realise just how much stamina and strength is required to give birth. This can be one of the most physical endurance tests the body can undergo and it does help to achieve a good level of fitness to meet this challenge.

Studies have shown that staying fit can significantly benefit women during pregnancy and labour and can also assist with faster recovery after the event. This is why it is important if you are planning a pregnancy or already expecting your child you start a suitable fitness plan.

Pregnancy Fitness Plan

You do need to take care during pregnancy. Intense workouts will no longer be appropriate as this can place too much stress on the body and its valuable resources. Your doctor or midwife will be able to recommend a good pregnancy fitness plan that will be help you to prepare your body properly for pregnancy and childbirth. Here are just a few suitable ideas for your new fitness plan.

1. Swimming

Swimming is a great idea for pregnancy fitness plans. The additional support of the water takes stress off your body and creates a more comfortable environment for getting fit. Swimming also exercises all parts of the body and helps to develop stamina, strength and flexibility. This is an excellent all-round fitness activity and many swimming pools also offer special antenatal fitness classes.

2. Pelvic floor exercises

Pelvic floor exercises are an absolute must for overall health. The pelvic floor muscles come under a lot of strain during pregnancy and child birth and so you need to build them up to meet these challenges.

- Pelvic floor exercises directly target this important muscle group and help you to strengthen and tone them.

- This will help to support the weight of the unborn baby you are carrying and also provide more stamina and strength during child birth.

- Pelvic floor exercises are very easy to do and just a few minutes every day can really work to tone these muscles.

- All you have to do is sit or lie down and keep your body still. Focus on your pelvic floor muscles and then squeeze and hold them for 5 to 10 seconds.

- Repeat this at least 5 times and try and do this set of exercises at least twice a day.

- You can do pelvic floor exercises whilst you are watching the television or anytime you a have a few spare minutes.

- You can also buy special aids that help you with effective pelvic floor exercises from specialist online home health providers.

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Colin Sutton - About Author:
a Pelvic floor exercises and swimming can be great ways to build fitness in preparation for pregnancy and child birth. These can help you to build strength and stamina to deal with the additional strains on your body.

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