

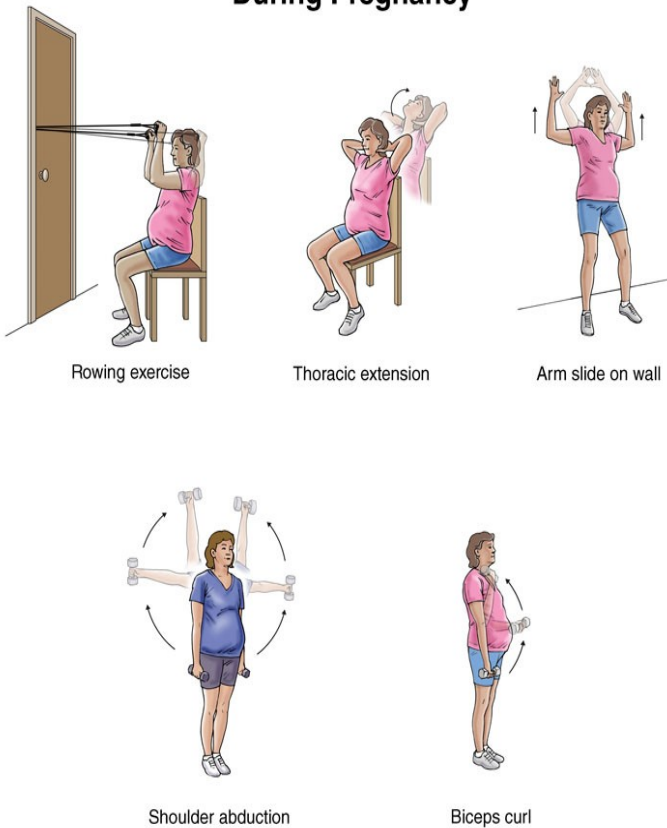
# Exercises for Pregnant Women

## Advice

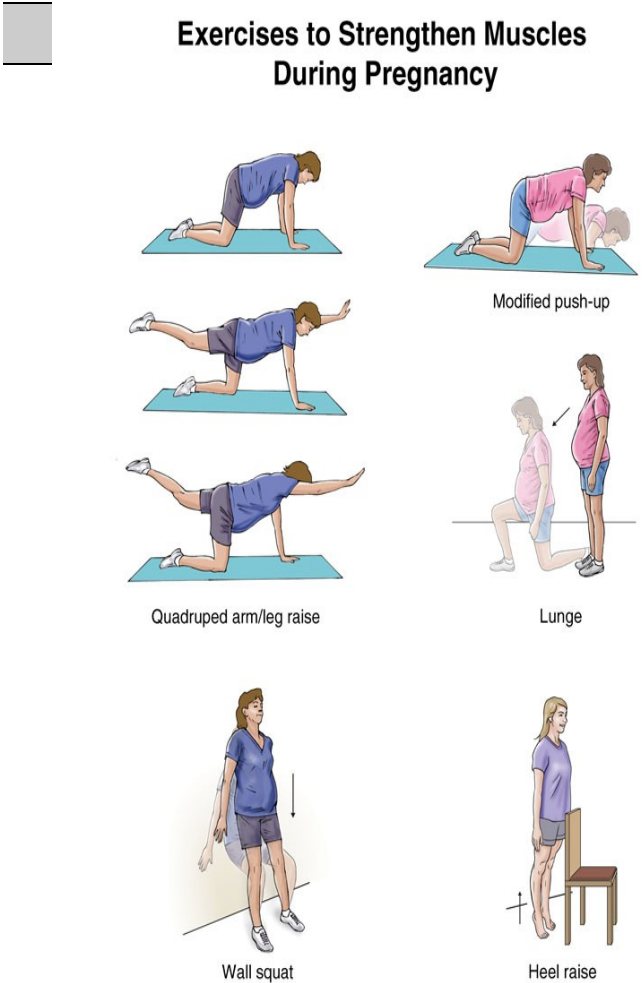
- Staying fit during pregnancy will help you cope better with the physical demands of pregnancy, labour and motherhood
- Exercise will boost your energy levels and immune system
- Exercise builds muscle tone, strength and stamina

DO's	DON'T's
Take part in exercise, it doesn't have to be strenuous E.g. Yoga, walking, swimming and Pilates.	Exercise to lose weight during pregnancy
Avoid contact sports	Exercise on your back after 16 weeks
Take a gentle approach to exercise	Use saunas or steam rooms
Listen to your body: dizziness and fatigue are common	

### Exercises to Strengthen Muscles During Pregnancy



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## Exercises for after pregnancy (Pelvic floor exercises)

### Pelvic Floor Muscles

The pelvic floor muscles are located between your legs, and run from your pubic bone at the front to the base of your spine at the back. They are in the shape of a sling and hold your bladder and urethra (the tube that urine comes out of) in place.

The pelvic floor muscles give you control over your bladder and are used to urinate. They relax at the same time as the bladder contracts (tightens) in order to let the urine out.

