



A Step Above

Personal Training Concepts

Look to your health; and if you have it, praise God and value it next to conscience; for health is the second blessing that we mortals are capable of, a blessing money can't buy. *Izaak Walton*

Jinjer's thoughts . . .



What an unexpected moment! "Health and fitness are such an important part of my life," she states. "I love jogging, riding my bike, lifting weights, and, most of all, coming to boot camp. Then when my husband, David and I got the news I was pregnant, we were very excited; but, at the same time, I was thinking to myself . . . do I quit exercising all together? I know I will have to change my fitness levels if I continue, but will I still get a good workout compared to what I am use to? Most importantly, how will it effect my baby?" . . . "Great questions Suzie Richert," I reply as we discuss this over lunch on a cool February afternoon.

Benefits of Exercise During Pregnancy

Preventive health and fitness do not stop with pregnancy. In fact, exercise can be a big plus for both you and your baby. Since Suzie was four weeks pregnant, I recommended that she first needed to consult her doctor and explain to him or her how physically active she was. Most health care providers agree that if you are already regularly engaged in an exercise program prior to pregnancy, you can usually continue it during pregnancy in moderation . . . depending, in part, on when you start and whether your pregnancy is complicated. The next step is to continue to exercise with caution because there are some risks; however, the benefits of exercise during pregnancy can outweigh these risks with a healthy, fit mom-to-be. Pregnant women with the following risk factors should not exercise except

under the supervision of a qualified instructor and only with the approval of their healthcare provider: high blood pressure; thyroid disease; seizure disorder; anemia or other blood disorders; diabetes; irregular heartbeat; bleeding during pregnancy; physical problems involving the spine, limbs or other body parts; excessive obesity and extreme underweight. Restriction of physical activity and exercise should be dictated by the obstetric or family physician . . . who will inform the mother-to-be of the potential risks and implement individualized exercise prescriptions to reflect the safest level of participation.

General Recommendations for Pregnancy

- Prior to exercise, consult the primary health care provider
 - Avoid motionless standing
 - Avoid exercise in the supine position following the 1st trimester
 - Avoid jumping or jarring activities
 - Avoid exercise in the heat
 - Maintain adequate hydration before, during and following exercise
 - Stop exercise upon fatigue, and never exercise to exhaustion
 - Avoid contact sports
 - Beware of joint laxity during activity selection
- NCSF, 2007

On the other hand, research has shown that women who are healthy and fit before pregnancy and who continue to exercise during pregnancy experience a shorter active labor and a decreased

BODYWEIGHT EXERCISES *(continued)*

amount of fetal stress. Studies show (1) that babies born to exercising women have less body fat compared to babies born to sedentary/non-exercising women and (2) that they adapt better to stressor and stimuli allowing them to transition more readily to life outside the womb. Available data consistently shows that women who engage in recreational physical activity before and during pregnancy have about a 50% reduced risk for gestational diabetes mellitus and a similarly significant reduction in pre-eclampsia risk (development of elevated blood pressure, water retention and protein in the urine after the 20th week of pregnancy) when compared with sedentary or inactive women. Furthermore, following conception, regular exercise, combined with proper diet, may prevent excessive gestational weight gain and reduce post-partum weight retention.

Expectant mothers should be aware of joint laxity which increases during pregnancy. Increases in joint laxity may lead to a higher risk of strains or sprains. Hormonal changes during pregnancy are thought to induce a greater laxity in joints, which assists in the softening of the pubic symphysis (a cartilage-like articulation/space between the pubic bones) to accommodate delivery. The protein hormone, Relaxin, is released which allows the pelvis to undergo the changes needed for delivery. For example, an expectant mother would not want to continue doing a step aerobics class because of the increased possibility of joint injuries -- not to mention that the expectant mother's center of gravity and balance is shifted increasing the probability of falling during participation. Therefore, exercises that require a quick direction change and bouncing movements should not be considered by an expectant mother

during pregnancy. Also, exercising in hot and humid conditions should be avoided. Without proper ventilation, this type of training environment for an expectant mother could induce hyperthermia (abnormally high body temperature, possibly causing neural tube defects. Choose exercises that reduce impact on the body such as swimming, walking, indoor cycling and maybe even a little weight lifting. If maintaining a weight-lifting program, avoid holding your breath during the lift and keep your training program to a low-to-moderate intensity. For example, during exercises such as bicep curls, you want to complete 12-15 repetitions without fatigue using slow and steady movement.

In general, "exercise during pregnancy is safe and beneficial for most women. Protecting against traumatic, impact, heat injury, musculoskeletal injury, and over-exertion is the key to planning safe exercise programs for pregnant women." (NCSF, 2007)



**SPACE IS STILL AVAILABLE IN
OUR YOGA CLASSES. CALL
FOR MORE INFORMATION**

MONDAY & WEDNESDAY
12:00 noon—1:00 pm
7:00pm—8:00pm

**2011 Yoga Classes will end
Dec. 15th. They will resume
Jan. 9, 2012**



CONGRATULATIONS

Suzie and David Richert
on your new baby girl,
Emily Mae Richert



Due date: October 11, 2011.
God Bless and know we
miss you in boot camp.



CONTACT INFORMATION:

1320 W. Main Street, Suite B
Wytheville, Virginia 24382
Telephone: 276-228-5776

e-mail: Jinjer@astepaboveptc.com

www.astepaboveptc.com