

Benefits of Cardio During Pregnancy

1. Fit moms bounce back into shape after delivery much more quickly than sedentary women.
2. Prevents excessive weight gain during pregnancy, which reduces both your risk of gestational diabetes and your baby's risk of developing diabetes as an adult.
3. Provides needed stamina for labor and delivery.
4. Physically fit moms are more likely to give birth to a leaner baby.
5. Lean babies are less likely to become overweight or develop diabetes as adults.
6. Babies born to fit moms have greater cardiovascular capacity from the start.
7. If you breastfeed, improved immune function will carry over to your baby for the first several months of life.
8. And of course; Exercising = Happy Mummy = Happy Baby!

**Sources from: befitmom.com*

Suitability of Class

Vannytelly's Prenatal Aerobic Classes are generally safe for all levels (from beginner and up) as movements will remain easy and low-impact throughout the session. Modification of movements will be demonstrated and provided for Mummies who may be new to exercise and/or are in their later stage of pregnancy.

Mummies who have concerns may first consult your Gynaecologist before attending classes. It would be most appropriate for you to inform the instructor of your concern/s before class commencements as well so that the instructor could pay more attention to you during classes.

FAQs

1. How Much Aerobic Exercise Is Safe?

Women with uncomplicated pregnancies should be encouraged to engage in aerobic and strength-conditioning exercises before, during, and after pregnancy.

ACOG (*The American Congress of Obstetricians and Gynecologists*) recommends the minimum activity level of 30 minutes of walking on most days of the week for all healthy pregnant women, including those who have been sedentary. In general, fit women may maintain or even increase their cardiovascular capacity during the first half of pregnancy.

2. Benefits Of Exercising During Pregnancy

Regular physical activity during pregnancy improves or maintains physical fitness, helps with weight management, reduces the risk of gestational diabetes in obese women, and enhances psychological well-being.

3. When To Put Limits on Aerobic Exercise—The Third Trimester

Women should continue to monitor their levels of exertion during Cardiovascular exercise throughout their pregnancies. Stay within the range where you feel your exertion level is "somewhat difficult."

4. When Not to Increase or Start Aerobic Activity

Generally if you have been exercising prior to the pregnancy, switch a maintenance program during the second half of pregnancy. As your due date approaches, reduce the intensity of your workouts to counterbalance your baby's increased need for oxygen as she grows.

If you were previously sedentary or relatively less fit, a low to moderate-intensity & low-impact aerobic program can be done safely throughout your pregnancy.

*Sources from: <http://www.acog.org/>