

STAYING FIT AND ACTIVE DURING PREGNANCY

Staying fit and active during pregnancy is important. Choosing to do so will have a positive impact not only on your health but the health of your baby. A moderate level of exercise has a beneficial effect on your cardiovascular, respiratory and muscular systems. It has also been shown to improve or strengthen your mental and emotional health. This being said, it is obvious that a different approach to exercise needs to be taken while pregnant.

WHY EXERCISE?

All women whether pregnant or not should develop a regular exercise program. Studies have shown that women who start an exercise program early in their pregnancy have fewer problems. How does this occur you might ask? Exercise improves the cardiovascular health of the mother. This will provide more nutrients and Oxygen to your baby, which is essential for proper growth. Women who exercise are less likely to need a Cesarean Section or Forceps. Active labor has been noted to be shorter as well as a reduction in fetal stress during the active phase of labor. Some women fear that exercise may increase their risk for preterm labor. Studies have shown that mild to moderate exercisers are not at increased risk.

In review, exercise improves cardiovascular health of the mom, which results in a healthier baby that demonstrates less stress during a shortened active phase of labor. Exercise also appears to reduce the need for Cesarean or operative vaginal deliveries while improving the mental health of the mom.

After information like this who would not want to rush out to their local gym and begin exercising? Choosing an exercise program during pregnancy is one of the best and important decisions that you can make. Especially important is discussing with your doctor your plan to start a program of exercise. Let him or her review your history and develop and plan with you that will be safe and beneficial. Your provider will be able to offer you approved exercises and establish appropriate target heart rates.

For more information regarding exercise in pregnancy please feel free to call Dr. Craig McCoy at Central Missouri Women's Healthcare care locally at 886-2842 or toll free 1 800 503 0411.