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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

5 Heart Healthy Exercises You Can Do During Pregnancy

By Tia Rodriguez

Pregnancy is a time of celebration, love, and unwanted but necessary weight gain. However, being pregnant doesn't mean that your health and figure has to suffer permanent damage. You can gain weight in a healthy fashion while doing some very easy and safe heart healthy pregnancy exercise routines.

One of the simplest and most effective pregnancy exercises you can do is walking. Not only is walking one of the best cardiovascular exercises, it is also one of the safest pregnancy exercises you can engage in. Walking is one of the few pregnancy exercises that you can do for the complete duration of your pregnancy.

Another extremely beneficial heart healthy pregnancy exercise is swimming. Countless doctors and pregnant women have attested to the wonderful benefits of swimming during pregnancy. A weekly pregnancy exercise routine of swimming gives both the arms and legs a great workout while promoting cardiovascular health. Because of the nature of being subdued in water, swimming will also remind expectant mothers what it felt like before the pounds were added on. This is definitely a welcome change every now and then.

The third pregnancy exercise routine you can start doing to keep your body healthy is enrolling in an aerobics class. Many fitness centers and community centers offer low impact aerobics classes for pregnant women. One of the nicer benefits of this pregnancy exercise is that it is done in the company of other pregnant women under the watchful eye of a professional aerobics instructor. This means you are going to get a safe workout catered to the special needs of pregnancy.

Weight training is also a very beneficial pregnancy routine to keep your body healthy. Although you must only use very light weights when engaging in this pregnancy exercise, weight training is an excellent way of toning your body and increasing muscular strength.

The last heart healthy pregnancy exercise you can do to stay fit is Pilates/yoga. Both of these body conditioning exercises promote stretching and flexibility within the muscles. Yoga is also a nice accompaniment to walking. By doing a combination of these pregnancy exercises, you can have a

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healthy balanced cardiovascular routine.

Being pregnant doesn't mean that you have to sacrifice exercise and health. By walking, swimming, doing aerobics, weight training, and engaging in a Pilates/yoga routine, you can have a healthy and fit pregnancy.

Tia Rodriguez is a health and wellness coordinator for an upscale sports management agency. To learn more about how a pregnancy exercise routine can benefit you during your pregnancy, check out the resources at

<http://www.pregnancy-without-pounds.info>

Pregnancy Exercise And Diet Tips – Sensible Advice For Expectant Mothers

By Tina Titas

Mothers-to-be have many questions about pregnancy nutrition and exercise. The tips and advice below will help you get started on a healthy pregnancy.

A diet containing the essential nutrients and vitamins are vital to the development of both mother and child. Vitamins are imperative to the health of a developing baby and the well being of the mother. Choosing foods that are rich in vitamins and other nutrients are a critical part of a healthy pregnancy nutrition plan and supplemental vitamins are necessary as well.

Follow a well-planned pregnancy diet to help avoid complications such as morning sickness, fatigue, anemia, and constipation. Your healthy diet must continue after pregnancy if you plan to breastfeed your baby.

Pregnancy food recommendations

- * Your pregnancy diet should include plenty of complex and unrefined carbohydrates as they contain important B vitamins, trace minerals, and fiber that are essential to a fit, healthy pregnancy.
- * Appropriate quantities of yellow and green leafy vegetables are vital for the growth of the baby and the health of the mother.
- * Dairy products contain calcium that will assist in the developing baby's teeth and bones. If your diet is lacking calcium your body will draw calcium from your bones to meet it's increased need.
- * Avoid excessive amounts of fat must be avoided during pregnancy, as it will only serve to add excess pounds, which will be hard to lose after the birth of your baby.
- * Vitamin C in generous amounts is crucial to a healthy pregnancy, bone growth, and various metabolic processes. Including berries, citrus fruits, raw broccoli and cabbage can help provide you with the Vitamin C that you need.

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Ideally, your pregnancy diet should include 3–4 servings of protein and meat, 2–4 servings of fruit, 6–11 servings of grains, 4–6 servings of dairy products, and 6–8 glasses of water, milk, and juice. A pregnant mother must follow a healthy diet that will benefit the developing baby but that will also maintain her general health as well.

Exercise recommendations during pregnancy

Exercise during pregnancy will promote strength, muscle tone, and endurance. Regular activity during your pregnancy will help alleviate swelling, fatigue, and backache. If you expect to remain fit during your pregnancy you will need to work your heart and major muscle groups. The type of exercise you do during your pregnancy will depend on your fitness level prior to pregnancy. Walking, pregnancy yoga videos, and swimming are excellent pregnancy exercises combined with stretching and other low-impact activities.

Exercises that involve a risk of falling or injury should be avoided such as bicycling, racket sports, horseback riding, and skiing. You will need to alter your exercise routine from trimester to trimester to accommodate your growing body. Avoiding over-exertion is necessary to avoid complications such as faintness, dizziness, vaginal bleeding, and premature contractions. Also, make sure you drink plenty of water before, during, and after exercising to reduce the risk of dehydration, which can raise your body temperature and cause harm to yourself and/or your baby.

A regular exercise program is beneficial to both mother and child, but check with your health care provider to make sure you have no conditions or risks that will prevent you from participating in a regular exercise routine or could cause potential harm to yourself or your child.

Tina Titas is a columnist for

<http://funexercisevideos.com>

, where you'll find the latest pregnancy

exercise videos at a great price.



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