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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!

Exercise And Having A Fit Pregnancy

By Mandy Robinson

For people with active lifestyles, workaholics, or real fitness enthusiasts, you will most definitely want to alter that routine on account of your baby. On the same note, you will want to continue to stay in shape such that, after your pregnancy, you will have an edge to getting back into shape after your baby is brought into this world.

1. What Is A Fit Pregnancy?

Having a fit pregnancy doesn't necessarily mean that you suddenly have to become some kind of exercise fanatic or suddenly stop everything that you enjoy doing. Use your common sense and make small alterations to your lifestyle in order to accommodate zero risk to your baby. For example, if you are an active person who enjoys extreme sports, these are some of the activities that need to be thought about. Speak to your medical provider about that of these sports fall nicely into a fit pregnancy program, and seek their advice about whether or not they are suitable during pregnancy, it could be that after the first few weeks, and up until the third trimester, you will be allowed to take part in some of them. That said, bungee jumping or rock climbing in your third trimester should, using common sense, not be allowed whatsoever.

2. Kick It Up A Notch

On the other side of the coin, if you are very inactive and sluggish, you will want to start to incorporate more exercise into your daily routine – yes, daily! During the first few weeks when you are already exhausted with pregnancy fatigue, this might not be what you want to hear, but if you can even start to introduce some form of low impact exercise into your life you will be more able to build upon this later. You will want to have an exercise regimen set up where you are exercising two to three times per week.

3. Ideal Examples Of Low- Impact Exercises –

– Yoga – Pilates – Swimming – Aqua- aerobics

For more great pregnancy related articles and resources check out

<http://pregnancyhaven.info>

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 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>



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