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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!

How Much Weight Should You Gain During Pregnancy?

By Kirsten Hawkins

If you're pregnant, you're very likely concerned about the amount of weight you're gaining, the effect

it has on your body, even how difficult it will be to take off after your pregnancy. Your OB/GYN or midwife is your best source of advice about healthy weight gain during pregnancy, but there are general guidelines. Depending on your weight at the start of your pregnancy, your doctor may tell you that a healthy weight gain for you is anywhere between 15 and 40 pounds. If you're underweight to start (a BMI of less than 18.5), 25 to 40 pounds is a reasonable weight gain during pregnancy. If you're overweight, he or she may suggest you stick closer to 15 to 25 pounds. Of that weight, 6 to 8 pounds of it is the baby. The rest is amniotic fluid, extra tissue and blood to nourish the baby (including the placenta), and the increased size of your breasts and placenta. You'll lose as much as 15 pounds of it WITH the birth (amniotic fluid, placenta and baby). Any doctor will tell you that pregnancy is NOT the time to go on a diet. Your body AND your baby need the nutrients of an adequate, balanced diet to keep you both healthy. This doesn't mean that you should throw all your restraint to the winds and 'eat for two', though. Your body needs approximately an extra 300 calories a day to build a healthy baby. Those 300 calories should come from the same healthy variety of foods that your normal diet gives you. (You were eating a healthy, balanced diet, weren't you? If not, pregnancy is a great time to start.)

You can expect to gain weight along a fairly predictable pattern. In the first three months, you'll gain 2–4 pounds altogether. During the second trimester, you can expect to gain between 3–4 pounds a month (about a pound per week). During the last three months, you'll gain an additional 8–10 pounds. Your doctor or midwife will weigh you regularly, and may express concern over a deviation from this pattern. A sudden sharp weight gain, for instance, can indicate pre-eclampsia or gestational diabetes. If your doctor advises you to try to limit your weight gain during your pregnancy, be sure to choose a healthy diet that provides all the necessary daily requirements for vitamins, minerals and other nutrients. Remember that a 'diet' during pregnancy isn't meant to help you LOSE weight, but rather to limit the amount of weight gained. Regular exercise is also good for both you and your baby. You can maintain most of your daily activities, and if regular workouts were a part of your daily routine, then by all means keep them up. You'll feel better, and your body will be less likely to protest the extra weight with aches and pains. Do keep in mind that exercise during pregnancy shouldn't be overly strenuous, and that you should avoid activities with a risk of falling or injury. Also remember that your center of balance is different – it may feel awkward to do the things you usually do while you're carrying

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your little bundle of joy. For specifics with regard to your own situation, speak with your doctor or midwife. If you're concerned about gaining weight, or feel that you're gaining too much, you can ask for a consultation with a nutritionist to help you design a healthy eating plan that will make sure the baby is well-nourished, and your concerns about your weight are met.

Kirsten Hawkins is a nutrition and health expert from Nashville, TN. Visit

<http://www.popular-diets.com/>

for more great nutrition, well-being, and vitamin tips as well as reviews and comments on popular diets.

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>



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