

# Pre and Post-natal Exercises

Just because you fall pregnant does not mean that you can't keep up your exercise regime. In fact exercise can have a powerful and positive contribution to pregnancy when applied correctly



- Reduction in pain during labour
- Easier, shorter and less complicated labour
- Improved self-image and confidence
- Less insomnia, anxiety and depression
- Babies tend to be easier to care for and generally more alert
- Increased circulation (decreasing the risk of varicose veins, stretch marks, leg cramps, swelling)
- Improve muscular balance (relieving backache and general muscle and joint soreness as a result of postural changes)
- Ease gastrointestinal discomfort such as constipation
- Reduced maternal weight gain and fat accumulation



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