

## **Advice, Guidance and Tips: Weeks 8-14**

### **Week 8**

#### **What to expect in your 1st Tri-Mester**

Your pregnancy fitness

So you have just found out that you are pregnant, congratulations....

You are a regular exerciser and now have no idea of what exercise to do and what to expect when you are training pregnant. As soon as you are pregnant your cardiovascular fitness decreases and this happens almost overnight. You are more breathless, if you are a runner your regular 30min run might just take you 35mins now and you are only 5 weeks pregnant!

As a swimmer my 100m times would drop by 10-15 seconds and my runs would drop from 4:30kph to 5:30kph. When I would train in the gym I would need to rest between all exercises and sets. Don't worry by 16weeks your heart has adapted and for the next 10 weeks or so exercise feels so much better.

The intensity of all of your training should be 70-75% (aerobic) this is not easy, so you should feel like you are exercising. Your body whilst you are pregnant will not let you push yourself above 80%. If you try to exercise at higher intensities exercise becomes very uncomfortable and your heart-rate and breathing will increase very quickly forcing you to slow down or stop.

- Don't stop your current exercise program follow these guidelines:-
- Decrease your training time by 20%
- Train every other day
- Do specific pregnancy exercises (recommended by an expert)
- Take longer rest periods, let your heart-rate settle

#### **Entrant from my diary 1st pregnancy: 8 weeks.**

"My nipples are killing me! They feel like they are being sand-papered when I am wearing my wetsuit. My running is so slow I feel like I am running off a 90km Bike all the time and I am so tired"

## **Week 9**

### **Strains, Pains and Aches**

It is normal to feel lower abdominal aches and twinges. Your body is slowly adapting to the changes forced on it during pregnancy.

As well as an increase in pregnancy hormones your body is also making new body parts a placenta, a uterus and your baby. Some of the twinges you feel are new ligaments growing with your uterus. Aches can be caused by constipation-your digestive system slows down with the increase in the hormone progesterone.

You also want to avoid lower back and hip aches and pains associated with the physical demands of pregnancy. Now that you are on a Pregnancy Exercise program lower back pain should be minimal.

For more information on how exercise reduces lower back pain in pregnancy have a look at this link on my blog: <http://positivelypregnant-mummytrainer.blogspot.com/2011/06/are-you-suffering-from-hip-and-lower.html>

Pains and any cramps followed by bleeding should always be checked with your LMC or G.P. If you are not sure about any aches and pains check with your G.P

#### **Entrant from my diary 1st pregnancy: 9 weeks.**

"Bananas are making me feel really sick I cannot stand the smell and yet they are supposed to be so good for you when you are pregnant. I obviously have enough of the vitamins and minerals that they offer. I do have sushi for lunch this week, what harm can it do?, all the Asian women still eat it"

## **Week 10**

### **This week: Tiredness?**

There is absolutely nothing you can do to alleviate 1st Tri-mester tiredness. What I did find though is if I exercised in the afternoon when I least felt like it, it would reduce any feelings of nausea I might have late afternoon.

I also recommend to all of my clients that you should eat every 2-2 ½ hours this can reduce nausea and tiredness. If you don't eat anything for more than 3hours you may become tired very quickly. Be prepared and take snacks were ever you go. This will also reduce the symptoms of low blood pressure which is very common from 8-22/23 weeks.

#### **Entrant from my diary 1st pregnancy: 10 weeks.**

"Hardly sleeping this is so frustrating. I drag myself through work during the day then I battle early pregnancy insomnia from 3-5am most mornings. I don't feel like going out in the evenings in fact I

don't want to see anyone my couch has my butt glued to it every afternoon and I don't think I can separate myself from it"

## **Week 11**

### **This week: Constipation**

If you have been feeling quite nauseous those feelings may now subside and you will feel "yourself" once more. Exercise may feel a little less of a challenge and you can look forward to your 13/14th week scan in just a couple of weeks.

A common symptom of pregnancy is constipation exercise can help reduce this uncomfortable pregnancy condition. Factors contributing to this symptom are the pregnancy hormone progesterone which causes your food to pass more slowly through your intestines. Your internal organs move up and to the left of your body making room for your growing uterus and iron supplements can also cause constipation.

I found that exercise helped with this condition especially walking and running. If you miss a few days eat foods that may help alleviate, prunes and kiwi fruit are probably the best. If this doesn't help and you are still constipated then you will have to see your G.P. try to avoid this with good nutrition, hydration and exercise.

If you would like more information on this frustrating pregnancy symptom have a look at my blog on this subject: <http://positivelypregnant-mummytrainer.blogspot.com/2011/06/low-iron-levels-and-constipation-during.html>

#### **Entrant from my diary 1st pregnancy: 11 weeks**

"So tired in fact I'm very, very tired! I can't even sleep at night. Very excited as I tell my sister our news, I just couldn't wait any longer".

## **Week 12**

### **This week: Sleeping Position**

Sleeping positions which will help reduce Gluteus Medius weakness and reduce lower back aches and hip pains.

If you sleep on your side I recommend you sleep with a small pillow under your knee from 10 weeks. Place the pillow length-ways in front of you with your knee resting on top. This will reduce the angle at your hip which will reduce the lengthening of your hip stabilizing muscles. This will reduce excess lengthening of the hip muscles, reducing pain.

Increase your pillow size as your uterus grows. You will need to raise your knee higher the bigger your bump grows. This position is also great for keeping your hips open.

Have a look at the article on my website for more information on how to change your sleeping position to reduce hip and back pain <http://pregnancyexercise.co.nz>

The latest info (June 2011) is to sleep on your left side as much as possible to help blood circulation, increase waste product removal and possibly reduce the risks of a still born. These findings have not been proven so don't worry if you sleep on both sides during the night. Any info and questions on this please ask

### **Entrant from my diary 1st pregnancy 12 weeks**

"Wow I can't believe it. I actually feel normal today. After feeling like I have been hung-over for 4 weeks, I'm myself again... hooray. I go through this week not believing how much energy I have and how great I feel".

## **Week 13**

### **This week: Water consumption when exercising**

Try to have a glass of water within the hour before you exercise. This will ensure you start your session hydrated. Sip on water every 10-15mins during your session. You do not need sports drinks.

Aim to consume 1.5-2 litres of water every day during your pregnancy. You will probably need 2-3 litres when you first start breast-feeding

If you find it hard to drink enough fluid during the day try to have a least a glass of water before each meal and especially make it a priority in the morning before breakfast. If you 'go off' water which you can do you may want to add a small amount of juice to your water to reduce the mineral taste.

I found that if I was hungry before exercising during my pregnancy I could manage to eat something small before starting. I would choose either ½ a banana or half a cheese sandwich. This would stabilize and maintain my glucose blood sugar levels throughout my session.

### **Entrant from my diary 1st pregnancy: 13 weeks**

'Whilst I was swimming this week pushing off from the pool wall I felt some strong pulls and twinges through my lower abdominal muscles. I no longer pushed off and I felt fine". (Second pregnancy I was fine, I had no twinges and was still tumble turning at 30+ weeks).

Your Uterus is attached by two ligaments. These ligaments have never been stretched before so occasionally if you over stretch or twist vigorously you can feel quite sharp

twinges. This can be called 'round ligament pain' Unless this pain or twinges continue you should be ok. Check with your G.P, specialist or midwife if you are concerned about anything. These twinges tend to happen in your 2nd Tri-mester as your uterus grows out of your pelvis.

## **Week 14**

### **This week: Snack Ideas**

Try these ideas for morning and afternoon snacks. The last 4 years I have only eaten full fat products my milk, yoghurt and cottage cheese are full fat.

For more information on why we should eat more fat and it's not fat that makes us fat. Check out this website: [www.westonaprice.org](http://www.westonaprice.org)

This site also offers great information on nutrition for Breast feeding and first foods for babies and toddlers.

The snacks ideas below are low glycaemic, full of protein and fat which are essential nutrients that are needed for pregnancy and your growing baby's needs.

Low G.I, protein and fat food sources will stabilize your blood glucose levels. This will help you during the day by reducing pregnancy symptoms such as tiredness, nausea and dizziness

### **Snacks for Morning and Afternoon:-**

Apple and 50gms Hard Cheese

Apple and 10-15 mixed nuts

Banana Smoothie: 200mls of Milk, 2 tbsp. Yoghurt, 1 x small banana and handful of frozen berries

Hard-boiled egg and 6-8 Olives

75 grams Tuna and a Pear

1 x toast and peanut butter with a Plum or Kiwi fruit

1/3 Tin of Peaches and 2 tbsp. of yoghurt

Handful of Nuts and 150grams of full fat Greek yoghurt and 5-6 strawberries

### **Entrant from my diary 1st pregnancy: 14 weeks**

"Towards the end of this week I am extremely lucky, I can feel the baby moving. You can feel it this early on if you have an idea of where it is lying. I check this with my midwife and she agrees that it is the baby I'm feeling. Amazing!"

You now need weeks 15-19

**If you feel any pain or discomfort whilst exercising, stop. If pain continues consult you L.M.C or G.P. The information included in this program has been written by Lorraine Scopes: She is not able to provide you with medical advice the information is**

used as guidelines. You cannot hold Lorraine liable in any way for any injuries that may occur whilst training.

This Program has been written by Lorraine Scapens it is not yours to sell or copy February 2011. Lorraine has 20 years' experience training pregnant and post natal women. Lorraine is a personal trainer and corrective exercise specialist.

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