

**Fit2BirthMum**

**Information 25-29 Weeks**

**Week 25**

**This week: A change in your Cardio exercise**



Are you bored with your current cardio exercise?  
Do you want to try a new pregnancy exercise program?  
Do you want to or need to change your current exercise class?

Try these Pregnancy exercising options and do them on your programmed Cardio Days:-

- If you are a member of a gym try using a variety of the cardio equipment spend 10 minutes on 2-4 machines a 30-40min cardio session in total. Avoid the rowing machines
- Swimming, aqua-jogging and aqua-aerobics. Alternatives to walking, running and aerobic classes

- Change walking outside in the winter for indoor cycling (you could hire a bike or a treadmill)
- Add your strength exercises into a walk along the beach or a park.
- Mix up your exercises in your current pregnancyexercise.co.nz program and add to it with options listed at facebook pregnancy exercise

I am always keen to hear about what cardio exercise my on-line clients are doing during their pregnancies so let me know, email me

[lorraine@pregnancyexercise.co.nz](mailto:lorraine@pregnancyexercise.co.nz)

### **Entrant from my diary 25 weeks: 2nd pregnancy**

"This week is dreadful. I have to cope with a 12 hour stomach bug; I have diarrhoea for 12 hours and cannot move out of bed. I also have to suffer from caffeine withdrawal as I am completely off most food.

I frantically search Google but both that and my midwife confirm the baby will be fine. I probably picked up this 'bug' from my daughter".

### **Week 26**

**This week: Increasing leg strength not only to benefit you whilst pregnant but for your labour too**

"Squat 300 times a day and you are going to give birth quickly"  
-Ina May Gaskin-



<http://pregnancyexercise.co.nz>

Labour can be an endurance event, if you are not mentally and physically fit before labour starts then you are 30-40% more likely to require medical interventions during your labour and you may increase the chances of a "C" section by 30%. Unfit and you may find you are also unable to hold better suitable birthing positions for long periods and may fatigue a lot sooner. More reasons to maintain your health and fitness during your pregnancy.

If you are strong and fit then during labour if you have developed good leg strength you can adopt support squat positions with your partner (put your hands around their neck) or use a bench/bed. This technique may help you breathe and manage painful and strong contractions.

You may want to give birth in a semi-squat position or another birthing position that requires leg strength and endurance. These positions are the most efficient for labour and birth as they encourage your baby to engage deeper into your pelvis, you will also feel the pressure of your baby's head which may help you to dilate. Squatting and reverse incline positions also increase the width of your pelvic opening and these positions allow gravity to assist.

### **Entrant from my diary 26weeks 1st Pregnancy**

"My stomach is so sore. This baby doesn't stop moving, it wakes me up through the night and kicks me all day.

Stress is also keeping my awake. I don't think there is any pregnant couples who don't worry about financial issues when a baby is due. It is good to hear that we are not the only one with money worries at our ante-natal course".

## **Week 27**

### **This week: More Snack Ideas for mornings and afternoons**

Glass of Milk and an apple  
Handful of nuts and 2-3 tbsp. of yoghurt  
1 x toast and peanut butter  
30 grams of hard Cheese and an apple  
1 x hard-boiled egg ¼ Avocado and 2 Crackers  
1 x toast ¼ Avocado and a tomato  
4-6 dates, handful of mixed nuts  
1 x corn on the cob with butter

In the afternoons you may need two snacks so you could choose a glass of milk and an apple then if hungry 60-90 minutes later have a handful of nuts and a couple of dates too.

Try to stay away from sugar, stick to protein snacks if you can. Try to choose: cheese, yoghurt and nuts. Protein and fat snack choices will stabilize your blood glucose levels reducing fatigue associated with sugar highs and lows. Keeping away from sugar will also benefit your growing baby. A diet high in sugar will increase the risk of developing gestational diabetes.

### **Entrant from my diary 2nd pregnancy 27 weeks**

"My iron levels have dropped again they are at level 9 no wonder I have been tired. I'm glad that I am aware of my iron levels. I request that they are tested more frequently during my pregnancies than what is recommended".

## **Week 28**

### **This week: Your birth plan**

This will be discussed with your L.M.C in depth but you can start to think and plan how you would like your labour and birth of your baby to proceed. Positive focus and mentally preparing yourself prior to the birth of your baby will help you when your labour starts.

I think you should have your birth plan prepared but if anything happens outside of your plan/control that will change this plan then try not to get too upset or beat yourself up about it.

It's not worth it, the decisions made during your labour are for your health and your babies so try not to worry about a birthing experience you didn't want, you now have a new born to look after and focus on and ENJOY. So if your labour doesn't go to plan don't worry about it, the next time it just might!

If you want a naturel birth but your baby is in the wrong position or labour isn't progressing or if your baby is in distress then medical intervention will most probably be required. Try to prepare yourself for medical intervention even though you may not necessarily want it.

### **Entrant from my diary 1st pregnancy 28 weeks**

"Make my list for my baby shower this week. My sister Wendy will arrange, I'm not into all this at the best of times and it's the last thing on my mind at the moment. My baby never stops moving unless I'm exercising. It continuously kicks and turns and suffers from hiccups at night".

## Week 29

**This week: How soon can I start exercising after the birth of my baby?**

**This is another frequently asked question:**



It will depend on your birth, if you have exercised throughout your pregnancy and your baby.

If you have maintained your exercise up until you give birth, you have a vaginal birth without complications then you can start my Birth2FitMum Program from 5-7 days post birth.

These are specific postnatal exercises that will ensure you regain your core strength before progressing to more challenging exercises.

You should be able to go for a 20-30 minute easy walk by yourself or with your baby from 5-7 days. After 2-3 weeks you can be walking up to 45 minutes 3-4 times a week.

If you have a complicated birth or a 'C' section and you were exercising up to giving birth then you could start on Birth2fitMum from 10days-3 weeks weeks as long as you have no pain with daily activities.

Walking can be introduced after surgery very slowly from 2-4 weeks starting with a 15-20 minute easy walk. You can increase your exercise time by 5 minutes once you have repeated the same time 3 times. Only increase if you have no pain or discomfort.

I would suggest you leave walking with the buggy until 5-8 weeks and you must have started with specific postnatal exercise to do this.

If you have any questions about this once you have given birth, please email me [lorraine@pregnancyexercise.co.nz](mailto:lorraine@pregnancyexercise.co.nz)

### **Entrant from my diary 29 weeks 1st pregnancy**

"I'm still running it feels good to. I do notice though that if baby is lying in different positions sometimes it is uncomfortable so I always walk if I feel any discomfort. I try to run continuous from 5-15 minutes during a 40 minute training session".

**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 Scapens: 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 December 2013. Lorraine has 20 years' experience training pregnant and post natal women. Lorraine is a personal trainer and corrective exercise specialist.**

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