



Pregnant Exercises for Good Pregnancy Health

The question is often asked - "Since I'm pregnant, should I quit exercising?"

In fact my wife enjoyed working out, but she didn't want to risk doing any [pregnant exercises](#).

She didn't want to even take a chance of doing any harm to the baby by exercising.

This sounded logical to me, she was the pregnant one and should know best. But, I thought maybe she was being a little too paranoid, so I did some research for her.

I found out that it's actually good for you and your baby to exercise while being pregnant. In fact you really should exercise during pregnancy, as long as your doctor gives you the okay.

Exercising during your pregnancy can help you enjoy your pregnancy more, can help you have a better delivery experience (if there is such a thing) and can help you get back into pre-pregnancy shape faster.

Exercising has been known to reduce the severity of morning sickness, reduce fatigue and help you stay in a more balanced emotional state.

As the normal pregnancy weight comes on, exercise can help you feel better about yourself. It has also been reported that pregnant exercises can help reduce the chance of having a caesarean section.

Studies have also shown that your baby will benefit from your exercise during pregnancy. Babies born to moms who exercised during pregnancy were able to tolerate birth stress better, were more advanced in learning, and more mature in their behavior and emotional stability.

So in most cases, having a pregnant exercise routine is important for you and your baby, as long as you use common sense.

Here are some **pregnant exercise** tips to help you exercise safely.

1. With your body going through the normal pregnancy changes, it's important to stretch and warm up

more than you had pre-pregnancy.

2. Before exercising, make sure have been drinking water and your body is hydrated. Also, make sure you drink water throughout your workout - remember, you are drinking for two. And, don't forget to drink plenty of water after your workout.
3. It's not a good idea to exercise on an empty stomach during pregnancy, so eat a small snack about 30 minutes before starting your exercise routine.
4. Monitor your heart rate. Generally your heart rate should not climb above 140 beats per minute.
5. You also don't want to become too winded, your body needs plenty of oxygen and your babies body needs plenty of oxygen. You and should be able to carry on a normal conversation.
6. You also need to avoid any sort of activity that involves hard physical contact - we're not sure what that would be, but use common sense and avoid anything that could lead to a hard blow the stomach area.
7. Do not over-exert yourself. If you have been exercising up to this point, you know what your limits are - no need to try and exceed those limits now.
8. During pregnancy your joints soften, and you will become - how do we say this nicely - you will become a little bigger. Your balance may not be what it normally is, so you need to be a little more cautious to protect yourself from falling. We would suggest you not partake in exercises like skating, roller blading or any other activity that requires great balance.
9. Choose a pregnant exercise that is low impact, and where your feet are pretty much on the floor, like brisk walking, swimming or biking.

So, don't be afraid to exercise during pregnancy, as long as you use common sense.

After checking with our doctor, my wife got the okay for [pregnant exercise](#) and even though her routine had changed slightly, she enjoyed a workout routine throughout her pregnancy.

This is a free report. Feel free to pass it on to others.

[Report Provided By Pregnant Exercises](#)