



NS6
FITNESS NICOSIA

12
years

personal training

GUIDE FOR A FIT AND HEALTHY PREGNANCY



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PREGNANCY AND EXERCISE

Our aim at the Personal Training Studio is the promotion of health. Having in mind the great benefits of exercising during pregnancy, and having been trained properly to do so, we are very happy to provide our services to pregnant women, which definitely need special attention.



Today exercise during pregnancy (provided we are talking about a normal pregnancy) is considered very beneficial. However, since the conditions for a pregnant woman are "special", a detailed and careful planning is required, having always in mind the health of the future mother and baby.

Although many women have concerns about continuing to exercise during the period they are pregnant, doctors confirm that exercise is safe and beneficial for both mother and baby.

The changes that occur in the body of pregnant women are numerous and large, and for this reason the body must be properly prepared to be able to cope with these requirements both during the period of pregnancy and childbirth.

Positive effects of exercise on the pregnant woman

Research shows that exercise during pregnancy contributes positively to the overall health of the pregnant woman:

- ✓ Improves or helps maintain the fitness levels of the pregnant woman
- ✓ Helps to keep the weight at the normal range
- ✓ Improves circulation and alleviates spider veins
- ✓ Helps to significantly reduce the appearance of cramps
- ✓ Develops muscular endurance and strength and cardiovascular endurance
- ✓ Facilitates the gastroenterological operation
- ✓ Helps the body to maintain the correct body position and prevent occurrence of irregular curves of the spine, thus preventing pain in the lumbar region
- ✓ Reduces stress, nervousness and sadness/depression during pregnancy with the help of the endorphins that are released and give you a natural high
- ✓ Helps improve quality of sleep



- ✓ Reduces the likelihood of diabetes and preeclampsia. If you develop gestational diabetes, exercise helps maintain low blood sugar levels
- ✓ Assists in the preparation for childbirth, since exercise strengthens the muscles of the perineum which helps in expelling the fetus, so women who exercise tend to have shorter labours and are less likely to need labour and delivery interventions (including caesarean)
- ✓ Makes the postpartum recovery faster



Positive effects of exercise on the baby

Regarding the fetus researchers agree that exercise benefits as follows:

- ✓ Better oxygen flow to the fetus
- ✓ Reduction in fat mass of newborns
- ✓ The births of women who exercise during pregnancy are less intrusive and have less complications

Believe it or not, research shows that exercise regularly during pregnancy could drive your baby end up being more fit, smarter and easier (sleep through the night sooner, less prone to colic and better able to soothe themselves)

Exercise parameters:

Cardiovascular (aerobic)

Intensity: 140 heart beats per minute

Duration: 15-30 minutes

Frequency: 3-5 times per week



Types of exercise: walking (treadmill), static bike, elliptical

Musculoskeletal (resistors)

Intensity: 50-60% of max power

Duration: 15-30 minutes

Frequency: 3-5 times per week

Types of exercise: exercises that do not require facing down, or any kind of pressing the abdomen

Exercise Guidelines:

You should not exercise in cases of

- × Heart condition
- × History of preterm birth

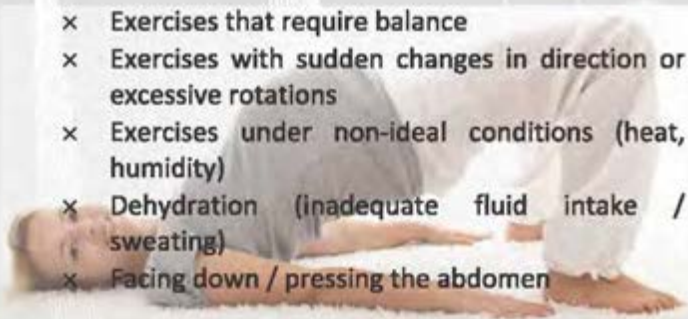
- × Bleeding
- × History of miscarriage or abortion
- × Thrombophlebitis
- × Recent pulmonary embolism
- × Deceleration of intrauterine growth
- × Hypertension
- × Placenta praevia

Complications / Symptoms showing you need to stop exercise

- × Premature birth
- × Musculoskeletal injuries
- × Cardiovascular events
- × Hypoglycemia
- × Pain, bleeding, dizziness, shortness of breath, headache, tachycardia, chest pain

Things to be avoided

- × Exercises that require balance
- × Exercises with sudden changes in direction or excessive rotations
- × Exercises under non-ideal conditions (heat, humidity)
- × Dehydration (inadequate fluid intake / sweating)
- × Facing down / pressing the abdomen



As in all phases of human life, exercise during pregnancy is an activity that can be very beneficial. The pregnant woman should be encouraged to turn to safe methods of fitness training that will make her feel better both physically and psychologically.

But remember... your pregnant body will not fit into your regular workout routine. You are now exercising for two and you should be doubly sure that you are exercising the right way. So always follow your trainers' instructions. They know better!



HEALTHY EATING DURING YOUR PREGNANCY

How many calories does a pregnant woman need?

During pregnancy, the average weight increase is 12 kg, which represent approximately the following:

1.	Embryo	3,5 kg
2.	Placenta	0,7 kg
3.	Pregnant woman's breast increase	0,8 kg
4.	Pregnant woman's weight increase	3,0 kg
5.	Amniotic fluid	1,0 kg
6	Blood and other fluids increase in pregnant woman's body	3,0 kg

Therefore, in order to achieve the above, you will need to increase the daily calorie intake by on average 300 calories compared to the calories obtained before you were pregnant. More specifically:

- First trimester: you probably do not need extra calories at all (given that the baby is only pea size)
- Second trimester: you can aim for 300 to 350 extra calories a day
- Third trimester: you may even need more, about 500 extra calories a day.
- Instead of counting calories you can just weigh yourself and check if your weight gain is going according to schedule (an average of about half a kilo a week in the second and third trimesters).

- You will probably find that you are more hungry than usual, but you don't need to eat for two, even if you are expecting twins.

Basic Principles for nine months of healthy eating

- A healthy diet is an important part of a healthy lifestyle at any time, but is especially vital if you are pregnant or planning a pregnancy. Eating healthily during pregnancy will help your baby to develop and grow, and will keep you fit and well.



- You do not need to go on a special diet, but it is important to eat a variety of different foods every day to get the right balance of nutrients that you and your baby need.
- It is best to get vitamins and minerals from the foods you eat, but when you are pregnant you need to take some supplements as well to make sure you get everything you need, always following your doctor's instructions.

- Try to choose your bites with baby in mind. Remember that each bite during the day is an opportunity to feed that growing baby health nutrients.
- Have in mind that even if you are not hungry your baby is, so do not starve your baby when it is in you uterus as you would not starve it after it is born .

Dietary Guidelines for you and your baby

Fruit and vegetables

Eat plenty of fruit and vegetables because these provide vitamins and minerals, as well as fibre, which help digestion and prevent constipation.

Eat at least 5 portions of fruit and vegetables a day – these can be fresh, frozen, canned dried or juiced.

Always wash them carefully.



Cook vegetables lightly in a little water, or eat them raw but well washed to get the benefits of the nutrients they contain.

Starchy foods (carbohydrates)

Starchy foods are an important source of vitamins and fibre, and are satisfying without containing too many calories. They include bread, potatoes, breakfast cereals, rice, pasta, noodles, oats etc.

These foods should be the main part of every meal. Eat wholemeal instead of processed (white) varieties when you can.



Protein

Eat some protein every day. Choose lean meat, remove the skin from poultry, and cook it using only a little fat.

Try to eat two portions of fish a week, one of which should be oily fish such as salmon, sardines, or mackerel.

Sources of protein include meat (but avoid liver), fish, poultry, eggs, beans, pulses, nuts.

Dairy

Dairy foods such as milk, cheese and yoghurt are important in pregnancy because they contain calcium and other nutrients that your baby needs.

Choose low-fat varieties wherever possible. Aim for 2-3 portions a day.



Foods that are high in sugar, fat or both

You should eat only a small amount of these foods. Sugary foods and sugary drinks contain calories without providing any other nutrients, and can contribute to weight gain, obesity and tooth decay.

Fat is very high in calories, and eating too many fatty foods is likely to make you put on weight. Having too much saturated fat can increase the amount of cholesterol in the blood, which increases the chance of developing heart disease. Try to cut down on saturated fat, and have foods rich in unsaturated fat instead.

Preparing food safely

- ✓ Wash thoroughly fruit, vegetables and salads to remove all traces of soil, which may contain toxoplasma, a parasite that can cause toxoplasmosis (infection that can harm your unborn baby).



- ✓ Wash all surfaces and utensils, and your hands, after preparing raw meat – this will help to avoid toxoplasmosis.
- ✓ Make sure that raw foods are stored separately from ready-to-eat foods, otherwise there is a risk of contamination – this is to avoid other types



of food poisoning from meat (such as salmonella, campylobacter and E.coli).

- ✓ Use a separate chopping board for raw meats.
- ✓ Heat ready meals until they are piping.
- ✓ Hot all the way through – especially if they contain poultry.

You also need to make sure that some foods, such as eggs, poultry, burgers, sausages and whole cuts of meat like lamb, beef and pork are cooked all the way through.

Check that there is no pink meat, and that juices have no pink or red in them.

What foods should a pregnant woman avoid?

The following foods should be avoided during pregnancy:

- Unpasteurized milk
- Soft cheeses such as Brie, Camembert, Roquefort, Danish blue, gorgonzola
- Raw or undercooked eggs
- Raw or undercooked meat (especially poultry)
- Raw or undercooked fish (sushi)
- Certain kinds of fish such as shark, swordfish, king mackerel (limit to no more than 2 portions a week, as it contains high levels of mercury)

VITAMIN C



POTASSIUM

VITAMIN B



NOTES

NOTES



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Pregnancy and exercise

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Circle fitness work out

Pilates

Yoga

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