



The Benefits of Exercise While Pregnant

Exercise has so many benefits on everyone, no matter the age. But for a pregnant women there are tremendous benefits that help you the mom and your beautiful baby to be.

Benefits

1. Prevention of excessive gestational weight gain
2. Protect against Preeclampsia
3. Prevention / improvement of depressive symptoms during and postpartum
4. Decreased symptoms of low back pain
5. Combat the negative physical consequences of stress

This is just a small list of the many benefits. For more information you can talk with your personal physician.

Warning Signs to STOP Exercising

Happy Warning Wednesday Mommas! Today we are discussing times when you need to stop exercising. First things first, when you don't feel right, stop immediately and consult your doctor. We want you to be the healthiest you can be for yourself and for your baby.

- shortness of breath
- increase chest pain
- dizziness or fainting
- multiple contractions within an hour
- discomfort
- vaginal pain

Remember if you have questions about your health or signs consult your doctor to see what is best for you!

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