

MS02 VT08 Exercise

[Music]

So, when you get to about three weeks of pregnancy, your energy level goes down a little bit, but it's important to stay active.

Before I got pregnant, I had kind of let my exercise routine lull a little bit. But now that I am pregnant, I have started walking on the weekends in the morning, and I'm participating in yoga classes.

Even though pregnancy treats me quite well, it's a workload on your cardiac health, and I'm not used to being winded going up just a flight of stairs.

This pregnancy, I have tried to do everything I could to make sure my pregnancy was healthy and I felt good. I did go to the gym through the first like six months of pregnancy and then after that, we have been walking because it's been nice out.

Staying active will really help your delivery process go a lot smoother. So, going on walks every day, getting on an elliptical machine or a treadmill for 30 minutes a day four to five times a week is something you can do to help stay active.

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As you get farther and farther along, you may notice that it becomes a little bit harder to maintain posture.

But whatever your body was conditioned to do before pregnancy, you can do during the pregnancy.

Of course, if you were doing kickboxing or you're an avid skier, you may not want to do that when you hit your second trimester because those are things you can't control. But for the most part, you can do whatever exercise you enjoyed before pregnancy.

[End recording]