

## Which pregnancy programs to choose?

While online programs don't suit everyone, they are fantastic for some. With this program you will need to be self-motivated which I am well aware can be tough during pregnancy as pregnancy can come with its own set of challenges. However I'm sure you are aware and have already experienced the fantastic benefits of exercising during pregnancy and will have at least a little motivation to make time to energise your body for pregnancy.

I have catered for a wide range of situations whether it be with or without basic exercise equipment (and where there is equipment used, you can usually substitute what I use for common household items such as filled water bottles of different sizes, tin cans, towels, chairs etc, think outside the square a little and keep an eye out for my tips).

I do highly recommend you get a swissball as they have so many benefits and ways of use during pregnancy, labour and postnatal recovery but again you can simply use a chair to sit or lean on too if you don't have one.

You will see there is also beginner/gentle programs, intermediate programs and programs suitable for each trimester. So let me give you some guidelines on these.

**Beginner/gentle programs:** These are for ladies new to exercise or ladies who are not feeling up to a huge and/or more intense workout. If you are very new to exercise it is generally fine for you to start at these levels during pregnancy. Keep your perceived level of intensity to between 4-7/10 (with 10 being the most intense exercise where you can hardly breathe). You can always choose to do only one round of each exercise too as an option as your body becomes used to this type of exercise. The programs are not meant to leave you feeling wiped out for the rest of the day, they are meant to help you feel healthy, strong and energised.

**Intermediate programs:** These programs tend to be longer and use a little more intensity. They are for ladies who have been regularly exercising prior to their current status in pregnancy 2 or more times per week for at least the last 2-3 months. Keep your perceived level of intensity to between 6-8/10 (with 10 being the most intense exercise where you can hardly breathe). Exercising at higher intensities is contraindicated in pregnancy without direct supervision. Again if you are having a low energy day, choose something from the beginner/gentle programs or do less sets of each exercise. Again exercise during pregnancy should not make you feel exhausted afterwards, they are meant to help you feel health, strong and energised. Choose your programs to reflect this, you don't have anything to prove.

**Programs suitable for each trimester:** These are generalised programs that can be done in any trimester, these programs will be the same throughout the programs. Again you can modify them to suit how you are feeling by using more or less resistance/weight and slowing down or speeding up your intensity as desired.

**Timing of programs:** you will see most of the programs let you know how long they will take, so choose a program depending on how long you want to spend exercising. If you want to make a program longer or shorter, miss exercises, do only one or two sets, or add extra sets in.