

Physical Activity for Pregnant Women

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ABSTRACT

The physical activity during the pregnancy can help to stay healthy and after doing some exercise feeling better. Need to do the exercise regularly its help to maintain the body posture and body image, and it's also prevent the physical illness of the mother and also baby .its maintain the high risk condition of the mother and child, prevent gestational diabetes , relieve stress, and also maintain the weight gain of the pregnant women.

1 Introduction

Physical activity is very important for pregnant women and its have not that much of slide effects. When the women pregnant this time also occurs the lifetime modification. Exercises are very beneficial also help for both mother and fetus. Exercise helps to improve the health and wellbeing for mother and fetus the pregnancy time. Exercise also help to maintain the postpartum periods, it's motivated the women and change the habits to maintain and improves the health of their babies and themselves.

Exercise also helps the pregnant women after the delivery it's maintain the physical ability and it's also maintain the body image of the women. In the postpartum time exercise helps to maintain the psychologically and physically ability of the women.

2 Current Recommendation

In women, physical activity during pregnancy and the postpartum periods are beneficial for following the mother and fetal health outcomes :-

- 1) Prevent the risk of preeclampsia, gestational diabetes, low birth weight baby, excessive gestational weight gain, during the labor complication, prevent the risk for still birth, also decrease the complication of newborn.
- 2) Pregnant women should do the activity at least 150 min in every week.

The following recommendations

- I. Do the activity regularly during the pregnancy and postpartum time.
- II. Do at least 150 min of physical activity throughout the week for the health benefits.
- III. Do the variety of aerobic and muscle strengthening activities. And also adding gentle stretching may also be beneficial.
- IV. Those women are before pregnancy also habitually engaged the physical activity and also same activity continue during the pregnancy and postpartum period.

- V. If pregnant women not to do the physical activity and also postpartum periods times.but need to do the physical activity during the time of pregnancy and postpartum periods also.

3 Safety Considerations

Additional on safety considerations when undertaking physical activity for pregnant /

- I. Physical activity should be avoided in the time summer when heat produces excessive.
- II. Take more water when pregnant women doing the physical activity and before and after the during the physical activity maintain the hydrated.
- III. Should not do the heavy activities, those activities having the risk of falling.
- IV. Should not do the supine position activities.
- V. Should be informed the pregnant women when pregnant women stop or limit physical activity through their health care provider.

4 Benefits Of Physical Activity During Pregnancy

I. Exercise And Weight Management

Weight gain during pregnancy is known as gestational weight gain (GWG). Women who begin pregnancy:-

- I. Expected to gain the underweight 12.5-18 during the pregnancy time.
- II. Expected normal weight should gain between 11.5-16kg
- III. Expected over weight should gain 7-11.5kg and obese should gain between 5-9kg.

When the GWG Occurs this time pregnant women have change to developing the high risk condition like the hypertension, gestational diabetes mellitus, this time need to do the physical activity its help to maintain the weight gain during and after the pregnancy also.

II. Exercise And Cardiac And Respiratory Fitness

During the pregnancy also change the pregnant women cardiac and respiratory changes during the fifth week of gestational. Cardiac output and blood

pressure also increase during the pregnancy time and also increase the oxygen supply to the fetus.

III. Exercise And Psychological Wellbeing

During the pregnancy and also after the pregnancy also happen the emotional changes. About the physical changes during pregnancy this time also happen the emotional changes antenatal depression and prenatal depression. So this time do the physical activity its help to maintain the proper body image, increase the sleep level, and also maintain the weight of the baby.

IV. Low Back Pain

Pregnant women may develop an increase in lumbar lordosis, which develops the back pain. So do the whole body exercise and the lumbar stabilization exercise its help to maintain the back pain?

V. Labour Outcomes

Regular exercise also help to maintain the labour process, its help to maintain the hormonal and during the labour time to reduce the pain and also maintain the contraction. And also reduces the risk for caesarean birth.

VI. Urinary Incontinence

Exercise also help to prevent the urinary incontinence like the pelvic floor strengthening exercise during pregnancy also help to prevent the urinary incontinence.

VII. Diastalsis Recti Abdominis

During The Pregnancy Exercise Also Help To Maintain The Diastalsis Recti Abdominis.

5 Who Should Not Exercise During Pregnancy

Exercise should be harmful when the pregnant women should have some medical condition like the asthma, heart disease, exercise also harmful if they have that time of condition those condition effects the pregnancy and labor time also, such as the

- I. Bleeding or spotting
- II. Low placenta
- III. Threatened or recurrent miscarriage
- IV. Previous premature births
- V. Weak cervix

6 What Exercises Are Safe During Pregnancy

Most of the exercise are safe during the pregnancy time but don't do the over exercise during the pregnancy time.

Do the safest and the protective activities such as walking, swimming, jogging, running, meditation, yoga and stretching, Pilates.

Walking:- Walking is the one of the most beneficial activity during the pregnancy. And it's also the best cardiovascular exercises during the pregnancy time. Up to the night month its safest exercise.

Contraindication:- There are some exercise and activities harmful to do during the pregnancy time like the jogging, running and whenever do the over physical activities.

Swimming:- It's the most beneficial exercise during the pregnancy time because when do the swimming this time all the largest muscle moves, it's the exercise of the large group of muscle, (arms, legs), it's also help to the pregnant women to weight loss, and it's also maintain the cardiovascular activity during the pregnancy time.

Aquanatal Classes:- It's the one type of most enjoyable exercise, when standing in the water this time happen the movement in the joints and its also help to prevent the swelling in the legs.

Yoga and Stretching:- Yoga and the stretching is help to flexible the muscle and also maintain the muscle tone and relaxation and also maintain the flexible of the muscle.

Pilates:- Pilates is a form of exercise which helps to flexibility and the strength training of the body parts, pelvic floor exercise, breathing exercise, and relaxation exercise this are the exercise help to maintain the women physical activities.

Low Impact Aerobics:-The aerobics types of exercises means the low impact aerobics exercises like the walking, walk inside the house or walking in the garden and also walking in the mall this types of low impact aerobics do during the time of the pregnancy.

They include:-

- I. Holding your breath during any activities
- II. Activities where falling is likely (such as skiing and horseback riding)
- III. Do the spots such as softball, football, basket ball, and volleyball.
- IV. Do not do the heavy exercises some times its do for the abdominal trauma, and sometimes it's also effects the mother and fetus also.
- V. Activities that require extensive jumping, running.
- VI. Do the exercises like:-Deep knee bends, full sit-ups, double leg raises, and straight-leg toe touches.
- VII. Bouncing while stretching.
- VIII. Waist –twisting movements while standing.
- IX. Do not do the over activity and also not to do the heavy exercises.
- X. Do not exercises in the cool environment, do the exercises in the warm environment.

7 Recommendations Of Exercise During Pregnancy

For total fitness, a pregnancy exercise program should strengthen and condition her muscles. Always begin by warming up for five minutes and stretching for five minutes.

Do at least fifteen minutes of cardiovascular activity. After that at the end of the time of activity measure the heart rate.

Do the aerobic activity with five to ten minutes of gradually slower exercise and the end of the exercise finish the exercise slowly?

8 Here Are Some Basic Exercise Guidelines For Pregnant Women

- I. Wear loose fitting, comfortable clothes cotton clothes and wear the loose fitted bra.
- II. Wear the proper shoes comfort shoes those shoes help to prevent the women from failing and injury.
- III. Do the exercise in flat surface it's prevent to the injury.
- IV. Consume enough calories to meet the needs of your pregnancy (300 more calories per day than before you were pregnant) as well as your exercise program.
- V. Before the exercise take the food at least before the one hour.
- VI. Drink more water before, after and during the pregnancy time.
- VII. Do the floor exercise, after the finish the floor exercise raise up very slowly.
- VIII. Do the exercise times maintain the coping level, and this time speaks slowly.

9 What Pregnancy Changes May Affect Exercise

Physical changes during pregnancy create extra demands on her body. Keeping in mind the changes listed below, remember that you need to listen to her body and adjust her activities or exercise routine as necessary.

- a. When developing baby and other internal changes require more oxygen and energy.
- b. When hormones produced during pregnancy its support the joint to stretch, increasing the risk of injury.
- c. The extra weight also puts stress on joints and muscles in the lower back and pelvic area and makes it easier for her to lose her balance.

10 Stop Exercising And Consult Your Health Care Provider If She

Fell the abdominal pain ,any types of vaginal discharge, sometime feel the chest pain this are the time should not do the physical activity during the time of pregnancy

11 Warning For Pregnant Women

- Check the decrease in the fetal movements.
- Feel dizziness , nausea , vomiting,
- Feel cold
- Have vaginal bleeding.
- Have a sudden gush of fluid from the vagina or a trickle of fluids that leaks steadily.
- Check the heart beat irregular or the decrease the heartbeat.
- Have sudden swelling in the ankles,hands, and face or calf pain.
- Short of breath.
- Difficulty in walking
- Muscle weakness.

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