

# how to get in shape while pregnant

## How to Get in Shape While Pregnant: A Comprehensive Guide for a Healthy Pregnancy Journey

**how to get in shape while pregnant** is a common and important question for expectant mothers seeking to maintain their health and well-being throughout their pregnancy. This journey offers a unique opportunity to focus on fitness not just for immediate benefits but also for long-term maternal and infant health. This comprehensive guide will explore safe and effective exercise strategies, nutritional considerations, and the crucial importance of listening to your body. We will delve into the benefits of prenatal fitness, the types of exercises that are generally safe and beneficial, how to adapt routines as your pregnancy progresses, and essential safety precautions. Understanding these aspects will empower you to make informed decisions about your physical activity and nutrition, contributing to a smoother pregnancy, a healthier delivery, and a faster recovery.

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## Understanding the Benefits of Prenatal Fitness

Engaging in regular physical activity during pregnancy offers a multitude of benefits for both the mother and the developing baby. Staying in shape not only helps manage weight gain within healthy parameters but also significantly reduces the risk of common pregnancy complications such as gestational diabetes and preeclampsia. It can alleviate many discomforts associated with pregnancy, including back pain, constipation, and swelling. Furthermore, regular exercise can improve energy levels, boost mood, and prepare the body for the physical demands of labor and delivery, often leading to a shorter and less complicated birth experience. The psychological benefits are also substantial, helping to reduce stress and anxiety.

Beyond the immediate physical advantages, a consistent fitness routine can contribute to a faster postpartum recovery. A stronger core and pelvic floor, developed through targeted exercises, can aid in supporting the growing baby and can be invaluable during labor. The cardiovascular improvements gained from exercise can also enhance circulation, which is vital for delivering nutrients and oxygen to the placenta and the baby. Ultimately, prioritizing fitness while pregnant is an investment in a healthier pregnancy and a stronger foundation for motherhood.

# Essential Considerations Before Starting Exercise

Before embarking on any exercise program during pregnancy, it is paramount to consult with your healthcare provider. They will assess your individual health status, any pre-existing conditions, and the specifics of your pregnancy to provide personalized recommendations. This professional guidance is crucial to ensure that your chosen activities are safe and appropriate for your stage of pregnancy and overall health. Your doctor can offer insights into any limitations or specific precautions you may need to take.

Understanding your body's signals is another critical aspect. Pregnancy brings about significant physiological changes, and what felt comfortable in early pregnancy may need to be modified or avoided as the pregnancy progresses. Pay close attention to any pain, dizziness, shortness of breath, or unusual fatigue. Pushing yourself too hard can be detrimental. Always prioritize rest when needed and adjust your intensity accordingly. Hydration is also key; ensure you are drinking plenty of water before, during, and after exercise to prevent dehydration, which can be more easily induced during pregnancy.

## Choosing the Right Activities

The goal is to maintain, not to achieve peak athletic performance. Therefore, selecting exercises that are low-impact and minimize the risk of falls or abdominal trauma is essential. Activities that support your body weight and offer stability are generally preferred. The focus should be on endurance, flexibility, and strength training that is adapted for pregnancy.

Conversely, certain activities should be avoided. High-impact sports, exercises that carry a risk of falling, or those that involve lying flat on your back for extended periods after the first trimester should be discontinued. Activities with a high risk of abdominal trauma, such as contact sports or those with a significant chance of collisions, are also not recommended. Always err on the side of caution and discuss any activity you are considering with your doctor.

## Safe and Effective Exercise for Each Trimester

As your pregnancy progresses, your body undergoes continuous changes, necessitating adjustments to your exercise routine. What is safe and beneficial in the first trimester may require modification in the second and third trimesters. Understanding these progressive changes ensures that you continue to exercise safely and effectively throughout your pregnancy.

## **First Trimester Fitness**

The first trimester is often characterized by fatigue and morning sickness, which can make initiating or continuing an exercise program challenging. However, if you were active before pregnancy, you can typically continue your routine with some modifications. Low-impact cardiovascular exercises like walking, swimming, and stationary cycling are excellent choices. Strength training can also be beneficial, focusing on exercises that maintain muscle tone without excessive strain. Light weights and higher repetitions are generally recommended. Pelvic floor exercises, such as Kegels, are crucial from the outset to prepare for labor and recovery.

## **Second Trimester Fitness**

Many women experience a surge in energy during the second trimester, making it an ideal time to maintain or even increase moderate exercise. As your belly grows, it's important to adapt exercises to accommodate your changing center of gravity and to avoid lying flat on your back. Modifications might include using an incline bench for certain exercises or opting for side-lying positions. Swimming and prenatal yoga are particularly beneficial during this phase, offering gentle support and promoting flexibility. Listen to your body; if an exercise causes discomfort, it's time to modify or stop. Avoid activities that strain your abdominal muscles or put you at risk of falling.

## **Third Trimester Fitness**

In the third trimester, the focus shifts towards maintaining mobility, comfort, and preparing the body for labor. Gentle exercises that promote relaxation and ease discomfort are paramount. Walking, swimming, and prenatal yoga remain excellent options. Focus on maintaining good posture and stretching to alleviate common third-trimester aches and pains. Avoid strenuous activities and listen very carefully to your body's signals. Fatigue is common, and it's important to prioritize rest. Pelvic floor exercises should be continued diligently to aid in labor and recovery. Any new or concerning symptoms should be discussed with your healthcare provider immediately.

## **Nutrition for an Active Pregnancy**

Proper nutrition is the cornerstone of a healthy pregnancy, especially when maintaining an active lifestyle. Adequate caloric intake is essential to support both your body's increased demands and the growth of your baby. Focus on a balanced diet rich in lean proteins, complex carbohydrates, healthy

fats, vitamins, and minerals. These nutrients provide the energy needed for exercise and the building blocks for fetal development. Increased protein intake is particularly important for muscle repair and growth, while complex carbohydrates offer sustained energy for workouts.

Key micronutrients like iron, calcium, and folate are vital during pregnancy. Iron is crucial for preventing anemia and supporting increased blood volume, while calcium is essential for the baby's bone development and maintaining the mother's bone health. Folate plays a critical role in preventing neural tube defects. Ensuring you consume adequate amounts through diet or prenatal supplements, as recommended by your doctor, is non-negotiable. Prioritizing whole, unprocessed foods will maximize nutrient absorption and overall health benefits.

## **Listening to Your Body: Safety First**

The most important principle for getting in shape while pregnant is to be attuned to your body's signals. Pregnancy is a dynamic state, and your physical capabilities will fluctuate. Never push yourself beyond your limits, and be prepared to modify or cease any activity if you experience discomfort, pain, or other warning signs. This vigilant self-awareness is your primary defense against potential injury or complications.

There are specific warning signs that should prompt you to stop exercising immediately and contact your healthcare provider. These include vaginal bleeding, persistent contractions, dizziness or fainting, shortness of breath before starting exertion, chest pain, headache, muscle weakness, calf pain or swelling, and decreased fetal movement. Heeding these signals is not a sign of weakness but rather of responsible and informed prenatal care. Your well-being and that of your baby are the absolute top priorities.

## **Staying Hydrated and Nourished**

Adequate hydration is crucial for everyone, but especially for pregnant individuals who are exercising. Dehydration can lead to fatigue, headaches, and even premature contractions. Aim to drink plenty of water throughout the day, and increase your fluid intake before, during, and after your workouts. Carrying a water bottle with you at all times is a practical way to ensure you stay adequately hydrated. Consider adding electrolytes if you are engaging in longer or more intense exercise, especially in warmer weather, but always consult your doctor first about any electrolyte supplements.

Proper nourishment is equally vital to sustain energy levels and support both your body and your baby's development. Consuming balanced meals and snacks throughout the day helps maintain stable blood sugar levels, which can

prevent extreme fatigue and cravings. Focus on nutrient-dense foods that provide a good source of protein, complex carbohydrates, and healthy fats. If you're experiencing nausea or a decreased appetite, smaller, more frequent meals can be more manageable. Never use exercise as a means to restrict caloric intake during pregnancy; adequate nutrition is paramount for a healthy outcome.

By integrating regular, safe physical activity with a nutrient-rich diet and by consistently listening to your body's needs, you can effectively navigate the journey of getting in shape while pregnant. This proactive approach fosters a healthier pregnancy, prepares your body for childbirth, and supports a quicker postpartum recovery, ultimately contributing to a positive and empowered motherhood experience.

## **FAQ**

### **Q: Can I start a new exercise routine if I wasn't active before pregnancy?**

A: It is generally recommended to consult with your healthcare provider before starting any new exercise program during pregnancy, especially if you were not active prior to conception. They can help you determine a safe and appropriate starting point based on your individual health and pregnancy status. Gentle activities like walking or swimming may be suitable with medical approval.

### **Q: What are the most common exercises recommended for pregnant women?**

A: Common and safe exercises for pregnant women often include walking, swimming, prenatal yoga, stationary cycling, and modified strength training. These activities are low-impact and help maintain cardiovascular health, flexibility, and muscle strength without undue strain on the body.

### **Q: How much exercise is too much during pregnancy?**

A: The general recommendation is to aim for about 150 minutes of moderate-intensity aerobic activity per week. However, "too much" is highly individual and depends on your pre-pregnancy fitness level and how your body is responding. It's crucial to listen to your body, avoid overexertion, and stop if you experience any pain, dizziness, or shortness of breath. Always consult your doctor for personalized guidance.

## **Q: Is it safe to continue my pre-pregnancy running routine?**

A: For many women who were regular runners before pregnancy, continuing to run may be safe, especially in the earlier stages. However, as the pregnancy progresses and your center of gravity shifts, and ligaments relax, the risk of falls and joint pain increases. Modifications may be necessary, and it's essential to discuss your running routine with your healthcare provider.

## **Q: What are Kegel exercises and why are they important during pregnancy?**

A: Kegel exercises are designed to strengthen the pelvic floor muscles, which support the uterus, bladder, and bowels. During pregnancy, they are crucial for supporting the growing baby, preparing for labor and delivery by improving muscle control, and aiding in postpartum recovery by helping to prevent or manage incontinence.

## **Q: When should I stop exercising during pregnancy?**

A: You should stop exercising immediately and consult your healthcare provider if you experience any of the following warning signs: vaginal bleeding, regular painful contractions, amniotic fluid leakage, dizziness or feeling faint, shortness of breath before exertion, chest pain, headache, muscle weakness, calf pain or swelling, or decreased fetal movement.

## **Q: Can exercise help manage pregnancy-related back pain?**

A: Yes, regular exercise can significantly help manage pregnancy-related back pain. Strengthening core muscles, improving posture through targeted exercises, and maintaining flexibility can alleviate pressure on the lower back. Prenatal yoga and specific back-strengthening exercises are often recommended.

## **Q: How does nutrition support fitness during pregnancy?**

A: Nutrition is fundamental for supporting fitness during pregnancy. A balanced diet rich in protein, complex carbohydrates, healthy fats, vitamins, and minerals provides the energy for workouts, aids muscle repair, and supports the baby's growth. Adequate hydration is also essential for performance and preventing fatigue.

## **Q: What are some common pregnancy discomforts that exercise can help alleviate?**

A: Exercise can help alleviate common pregnancy discomforts such as fatigue, back pain, constipation, swelling (edema), mood swings, and insomnia. By improving circulation, strengthening muscles, and promoting overall well-being, physical activity can significantly enhance comfort levels throughout pregnancy.

## **Q: Is it safe to do abdominal exercises during pregnancy?**

A: Traditional abdominal exercises like crunches that put direct pressure on the rectus abdominis can be unsafe, especially later in pregnancy, as they can contribute to diastasis recti (separation of abdominal muscles). Instead, focus on exercises that strengthen the deep core muscles, such as transverse abdominis engagement and pelvic tilts, and always consult your healthcare provider for guidance on safe core strengthening.

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**how to get in shape while pregnant:** *Fit & Healthy Pregnancy* Kristina Pinto, 2013-06-04  
Exercise during pregnancy isn't just safe, it's healthy for you and your baby. *Fit & Healthy Pregnancy* will help new mothers experience an easier, healthier pregnancy and a faster return to fitness after delivery. *Fit & Healthy Pregnancy* dispels generations of old wives' tales about exercise and pregnancy so active women can stay strong and in shape. This book from running coach Dr. Kristina Pinto and triathlete Rachel Kramer, MD goes beyond labor and delivery through the fourth trimester," helping new mothers return to fitness after they've had their babies. *Fit & Healthy Pregnancy* reviews up-to-date research to show that exercise during pregnancy isn't just safe, it's ideal for health and wellness. Pinto and Kramer guide moms-to-be through each trimester, showing how their bodies, nutrition needs, and workouts will change. The authors cover the months following delivery, when women adapt to a new lifestyle that balances family, fitness, self, and perhaps a return to work. They offer smart guidance and tips on breastfeeding, sleep training, nutrition and hydration, weight loss, and how to transition back into workouts and training. *Fit & Healthy Pregnancy* includes Trimester guides to body changes, nutrition, and emotional health Guidance on exercise, rest, body temperature, injury prevention Guidelines and suggested workouts for running, swimming, and cycling Strength and flexibility exercises to reduce discomfort and chance of injury Tips on exercise gear for each trimester Symptoms of common pregnancy conditions and when to see a doctor Three chapters of expert guidance on returning to fitness after delivery

**how to get in shape while pregnant: Pregnancy All-in-One For Dummies** The Experts at

Dummies, 2016-05-16 Your all-encompassing guide to having a happy, healthy pregnancy Are you an expectant parent looking for sound, expert guidance as you prepare to welcome a new addition to your family? Pregnancy All-in-One For Dummies has done the legwork for you, offering a one-stop compilation of the hottest topics and most relevant information culled from several successful For Dummies pregnancy titles. Covering everything from conception to the delivery room—and beyond—it gives moms and dads-to-be the reassuring answers they need during this very special time. Your pregnancy and childbirth experiences should be happy ones, but they're bound to be rife with questions—especially if you're a first-time parent, having a child later in life, or embarking on your first multiple birth. Luckily, this friendly guide is here to put your mind at ease, offering authoritative coverage of everything you can expect to encounter in the first, second, and third trimesters of pregnancy, as well as all the special considerations you may come across along the way, such as diet, exercise, labor and delivery options, breastfeeding, and so much more. Make pregnancy and childbirth an enjoyable experience Find out about nutrients that are critical to your baby's development Get authoritative guidance on making a birth plan Why turn to dozens of pregnancy resources when all the helpful, down-to-earth guidance you're looking for is right here, in one convenient place?

**how to get in shape while pregnant:** Super Fit Mama Tracey Mallett, 2009-08-11 If you're concerned about the best way to keep your body and baby healthy during pregnancy -- or how you'll ever lose the excess weight afterward -- you're not alone. Fitness expert Tracey Mallett faced those same challenges when she gained 55 pounds that didn't melt right off after her daughter's birth. But gone were the days where she had endless hours and energy to exercise. So she created workouts that take only a few minutes a day -- after all, busy moms are short on time! Super Fit Mama shares Tracey's secrets for safely getting in shape and back to your pre-baby weight. Her medically-sound program features a blend of strength training, Pilates, yoga, and cardio. Inside you'll find: Expert advice on staying fit and eating right during each pregnancy trimester Fun, fast, and safe exercises for the first weeks and months postpartum Easy-to-follow meal plans and delicious recipes Tips for strengthening your pelvic floor, easing back pain, and losing belly fat Stay inspired along the way with Team Mallett, real moms who have successfully used Tracey's plan. Whether you start the program during pregnancy or after baby, Super Fit Mama will help you get your confidence back -- along with a body that's even better than before!

**how to get in shape while pregnant:** *Body Panic* Shari L. Dworkin, Faye Linda Wachs, 2009-02 Dworkin and Wachs analyze 10 years of health and fitness magazines to uncover how bodies are made in popular culture Are you ripped? Do you need to work on your abs? Do you know your ideal body weight? Your body fat index? Increasingly, Americans are being sold on a fitness ideal—not just thin but toned, not just muscular but cut—that is harder and harder to reach. In *Body Panic*, Shari L. Dworkin and Faye Linda Wachs ask why. How did these particular body types come to be “fit”? And how is it that having an unfit, or “bad,” body gets conflated with being an unfit, or “bad,” citizen? Dworkin and Wachs head to the newsstand for this study, examining ten years worth of men's and women's health and fitness magazines to determine the ways in which bodies are “made” in today's culture. They dissect the images, the workouts, and the ideology being sold, as well as the contemporary links among health, morality, citizenship, and identity that can be read on these pages. While women and body image are often studied together, *Body Panic* considers both women's and men's bodies side-by-side and over time in order to offer a more in-depth understanding of this pervasive cultural trend.

**how to get in shape while pregnant:** **Strong Looks Better Naked** Khloé Kardashian, 2015-11-03 The reality television celebrity talks about her childhood and relationship with her sisters and provides advice about keeping fit, eating the right foods, and maintaining a positive outlook on life.

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2017-09-12 You can count on Rick Steves to tell you what you really need to know when traveling through Europe. With Rick Steves Europe Through the Back Door, you'll learn how to: Plan your itinerary and maximize your time Pack light and right Find good-value hotels and restaurants Travel smoothly by train, bus, car, and plane Avoid crowds and tourist scams Hurdle the language barrier Understand cultural differences and connect with locals Save money while enjoying the trip of a lifetime After 30+ years of exploring Europe, Rick considers this travel skills handbook his life's work, and with his expert introductions to the top destinations in Europe, choosing your next trip will be easy and stress-free. Using the travel skills in this book, you'll experience the culture like a local, spend less money, and have more fun.

**how to get in shape while pregnant: Take It Off, Keep It Off** Paul James, 2012-05-22 A personal trainer and former runway model purposely packed on 100 pounds to empathize with his overweight clients and then learned the right strategies to losing the weight, which included clean eating and a targeted fitness program. Original.

**how to get in shape while pregnant: How to Give Birth in the Presence of the Lord** Pastor Rich Walker, Pastor Karla Walker, 2009-01-06 At Last! You can have a phenomenal pregnancy and child-birthing experience that can be pain-free. Wouldn't it be amazing, to give birth easily and naturally? You are probably saying, yes, but how is this possible? Well, the answer can be found in this book, *How to Give Birth in the Presence of the Lord: A Biblical Guide to be Fit for the Masters Use During Your Birthing Journey* By the time you finish reading this book, you will have learned: How to prepare your spirit, soul, and body for birth from a biblical perspective. How to break-free from the curse of a painful pregnancy handed down to Eve in the Garden of Eden How to overcome the negative effects of fear on your pregnancy and baby How to have a beautiful pregnancy naturally through the power of Holy Spirit. And how to avoid the potential side effects of drugs on you and your baby when possible. And, much more. The Lord has anointed us to Equip You to Excel in Your Health and Fitness by the Explosive Power of Holy Spirit which will lead you to Divine Healing, Divine Health and Wholeness in every area of your life. So, you can be Fit for the Masters Use.

**how to get in shape while pregnant: The Black Book of Hollywood Pregnancy Secrets** Kym Douglas, Cindy Pearlman, 2009-03-03 The stars' secrets to looking and feeling great during and after pregnancy from the authors of *The Black Book of Hollywood Diet Secrets* Hollywood moms have got it going on—from Halle Berry to Julia Roberts, Angelina Jolie to Katie Holmes. Now the authors of *The Black Book of Hollywood Diet Secrets* and *The Black Book of Hollywood Beauty Secrets* are here to reveal how the stars do it—and how any mom can too. Kym and Cindy once again got the insider beauty secrets from A-List celebrities, asking what they did to look fantastic during pregnancy and after childbirth. The stars talk openly about weight gain, cravings, acne, thinning hair, and feeling sexy. How did they lose the baby fat? What are the best makeup and hair routines? What are the fashion do's and don'ts? With tips from Hollywood beauties Kate Hudson, Michelle Pfeiffer, Milla Jovovich, Helena Bonham Carter, and many more, *The Black Book of Hollywood Pregnancy Secrets* is the ultimate guide for moms who want to look and feel fabulous.

**how to get in shape while pregnant: Workouts For Dummies** Tamilee Webb, 1998-12-28 Every few months a new diet, wonder drug, or workout machine hits the market promising instantaneous results. Unfortunately, none of these fads ever seems to work. That's because the secret to good health is based on a balanced workout routine, which consists of eating a healthy diet, exercising, resting your body, and doing your best to find balance in all aspects of your life. If you can dedicate yourself to this goal and are willing to work for what you want you can have a healthy and fit body. *Workouts For Dummies* by Tamilee Webb, whose buffed body is the star of the Buns of Steel workout video series, will show you how to get the most out of your workout routine no matter what your current level of fitness. If you're a workout enthusiast this book will help you shape up with easy workouts you can do anytime, anywhere. Even if you've never exercised, don't worry--this book starts with basic topics such as choosing shoes and warming up. *Workouts For Dummies* covers everything you'll need to create an effective exercise program, starting with an explanation of body

types (so you don't think you'll end up looking like Cindy Crawford if you don't already) and the workouts that suit your body type. You'll also find directions for stretches, aerobic exercises, muscle conditioning (using weights, furniture, exercise bands, and bars), and workouts for different locations (home, office, gym), all with illustrations. *Workouts For Dummies* also deals with the following topics and much more: \* Creating a personalized workout \* Warming up, cooling down, and stretching \* Preventing common injuries \* Targeting and toning trouble spots \* Evaluating equipment, gear, and gadgets \* Determining your fitness level \* Working out while traveling Filled with expert tips, techniques, and step-by-step photos that illustrate over 100 exercises, *Workouts For Dummies* will help you make exercising an enjoyable part of your life.

**how to get in shape while pregnant: Diabetes and Pregnancy** David Sacks, 2011-06-14 Pregnancy is an exciting time of change and expectation. Now is the time to take charge of your health so you and your baby can have the healthiest, happiest lives possible. Do you have type 1 or type 2 diabetes and are thinking about getting pregnant? Did you have gestational diabetes in a previous pregnancy and are now planning to get pregnant again? Are you pregnant and just found out you have gestational diabetes? *Diabetes & Pregnancy* has the answers that you need and will let you focus on becoming a mom. Learn what you need to do to stay well and have a healthy baby. Topics include: Getting you and your blood glucose levels in the best shape before getting pregnant Eating and exercising for two Achieving a healthy body weight Knowing what tests to expect during pregnancy Learning to balance insulin with your meal plan Preventing complications

**how to get in shape while pregnant: The Can-Do Mindset** Candace Parker, 2025-06-03 One of the most decorated and celebrated women's basketball players of all time breaks down her ultimate recipe to success, using her own deeply inspiring journey to teach readers how to live bravely, unapologetically, and with purpose. "Candace Parker has been a trailblazer on and off the court, inspiring us all with her resilience, authenticity, and purpose-driven life. We are thrilled to work with Candace and present her extraordinary book to readers from all walks of life. The Can-Do Mindset delivers a playbook for how we can all achieve greatness on our own terms." —John Legend, Mike Jackson, and Ty Stiklorius, *Get Lifted Books* Candace Parker is a living legend. Her storied career includes three WNBA titles, two Olympic gold medals, and countless MVP Awards. Her career accolades are endless and her impact on the WNBA beyond measure, but Candace is even more inspiring off the court. A proud wife and mother of three, whose love story resonated with the LGBTQ+ community around the world, Candace is fiercely purpose-driven, paving the way for the WNBA's rise in American culture, and for female basketballers to have the impact and platform that used to be reserved for the NBA. But this success didn't happen by accident. From the start, Candace turned her childhood nickname, Can-Do, into a daily mantra that helped her overcome enormous physical and mental hurdles while embracing her vulnerability. In her first-ever book, Candace breaks down that ultimate recipe for success, drawn from the experiences that made her a better person and player. CAN-DO becomes an acronym to live by: Learn from and lean on your Community Show up as Authentically you Realize that Negativity is a part of life Embrace the excitement of the everyday Dash And fight for Opportunity for yourself and others. It's how Candace has succeeded on the court and off, and it can help readers do so, too. Told through personal stories, *The Can-Do Mindset* is for Candace's countless fans who want to see behind the curtain of her meteoric career and life, and for all of us who could learn from an icon who lives bravely, unapologetically, and guided by purpose.

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**how to get in shape while pregnant: Show Mom How** Sarah Hines Stephens, 2011-04-19 Find humor, help, and inspiration in this fully illustrated, step-by-step guide to 166 things a mom needs to know from pregnancy through baby's first year. *Show Mom How* brings the parenting expertise of

Babytalk magazine to the award-winning Show Me How series—one part how-to guide, one part graphic art showpiece, and one part pure inspiration. From sensible to sweet to downright silly, 166 things every new mother needs to know—one step at a time. In a series of nearly wordless, highly informative step-by-step activities, moms-to-be get the inside scoop on pregnancy and parenting with details on key aspects of new motherhood, including: - Sharing the news of a pregnancy - Decorating the nursery - Swaddling a newborn - Coping with teething - Celebrating a birthday - Inducing labor naturally - Trimming baby's nails - Painting under plastic wrap -And much, much more Presented in a bold new visual style that draws on the best of information technology and graphic-novel communication, Show Mom How brings moms the knowledge they need in a stylish, fun format. Packed with useful hands-on tutorials, Show Mom How is also a parent-tested resource that will prove indispensable in any number of situations, from the bedroom to the kitchen to the playground.

**how to get in shape while pregnant:** Things I Didn't Expect (when I was expecting) Monica Dux, 2013-03-01 Pregnancy is natural, healthy and fun, right? Sure it is, if you're lucky. For others, it's an adventure in physical discomfort, unachievable ideals, kooky classes and meddling experts. When Monica Dux found herself pregnant with her first child, she was dismayed to find she belonged firmly in the second category. For her, pregnancy could only be described as a medium-level catastrophe. So, three years later and about to birth her second child, Monica went on a quest: to figure out what's really going on when we incubate. Monica explores the aspects of baby-making that we all want to talk about, but which are too embarrassing, unsettling or downright confronting. She also looks at the powerful forces that shape women's experiences of being pregnant in the west, the exploitative industries, and the medical and physical realities behind it all. Along the way, she fends off sadistic maternal health nurses, attempts to expand then contract her vagina, and struggles to keep her baby's placenta off her hippy brother's lunch menu.

**how to get in shape while pregnant: Runner's World Guide to Running & Pregnancy** Chris Lundgren, 2003-09-20 A pregnant reader's guide to staying active and fit during pregnancy arms expectant mothers with everything they need to know about running during this important time, presented in a month-by-month format. Original. 15,000 first printing.

**how to get in shape while pregnant:** How to Exercise When You're Expecting Lindsay Brin, 2011-03-29 A simple, easy-to-follow guide for staying fit while pregnant and shedding the post-baby pounds after! Being a mom is the toughest job in the world. It's difficult to take time for yourself. Now, in How to Exercise When You're Expecting, even the busiest moms can learn how to stay strong and fit during their pregnancy and lose the post-baby weight after. Lindsay Brin, a women's fitness expert and creator of #1 bestselling Moms Into Fitness DVD series, shares insider tips to: -Understanding and tackling food cravings -Exercises that are safe to perform during different stages of pregnancy -Preparing for labor through relaxation and yoga techniques -How your body and metabolism changes after childbirth -Keeping fitness and nutrition a priority when time is scarce Battle-tested through Lindsay's own pregnancies, How to Exercise When You're Expecting offers a before, during, and after guide that will get moms back in pre-baby shape-or better.

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