

Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

EXERCISE AND PREGNANCY

Before you get started on a pregnancy fitness program, talk to your doctor. Your physician will want to evaluate your fitness status in relation to your pregnancy, and your fitness instructor will most likely want your physician's approval or consent-to-exercise form before you begin an exercise program.

PLENTY OF BENEFITS

Exercise during pregnancy offers many physical and emotional benefits. For example, a good exercise program may help relieve some of the common problems associated with pregnancy, such as excessive weight gain, swelling of your hands and feet, leg cramps, varicose veins, insomnia, fatigue and constipation.

You also can look forward to improved posture and circulation, reduced back-aches, pelvic and rectal pressure and increased energy levels if you follow a well-designed exercise program while you're pregnant. And you'll feel better knowing you're doing something good for yourself, which is, of course, good for your baby.

KEEP MOVING EVERY OTHER DAY

Pregnant women can participate in low-impact aerobic activity three times per week, or as often as every other day, if your physician agrees. But don't push it; if you're feeling exhausted, don't try to exercise. Walking is one of the best aerobic activities and, as long as your doctor says you can exercise and you're comfortable, do it. Just be sure to take the time to gradually warm up, and don't forget to stretch before and after your aerobic session.

WATER RELIEF

The buoyancy effect of water may increase your comfort by supporting your weight and reducing any feelings of clumsiness or lack of balance. Swimming and other water exercises place muscles in a relaxed, non-weight-bearing position, providing relief to those who are carrying more pressure and stress as a result of pregnancy.



UNDERSTAND YOUR BODY

Exercise during pregnancy should take into account the changes you're experiencing — new body alignment, different posture and reduced strength and endurance.

Your program should begin with a series of warm-up exercises and stretches that concentrate on hip, neck and shoulder movement and lower back flexibility. Any abdominal exercises should be modified to reduce strain. Because of the risks

associated with exercising on your back, your side is a good position for floor exercises.

LISTEN TO YOUR BODY

If you experience any of the following symptoms, stop exercising and call your physician:

- ✎ increased uterine contractions
- ✎ vaginal bleeding
- ✎ amniotic fluid leakage
- ✎ dizziness or faintness
- ✎ shortness of breath
- ✎ palpitations
- ✎ persistent nausea or vomiting
- ✎ back or hip pain
- ✎ difficulty walking
- ✎ general swelling or edema
- ✎ numbness anywhere in your body

Check with the fitness centers in your area, the YMCA and community hospitals for exercise programs for pregnant women. One of the best ways to know if the instructor is knowledgeable in working with pregnant women is to be sure the instructor is ACE certified and has specialized training in pregnancy and exercise.

Compliments of:

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then make handout copies.



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If you are interested in information on other health and fitness topics, contact: American Council on Exercise, 4851 Paramount Drive, San Diego, CA 92123, 800-825-3636; or, go online at <http://www.acefitness.org> and access the complete list of ACE Fit Facts.



From Conception to Your New Baby - Healthy the Natural Way

During both the conception process and throughout pregnancy it is important that hopeful moms maintain their physical wellbeing and as well as their psychological health.

This broad field of women's health includes psychological issues surrounding mood, stress and relaxation, as well as physical areas such as infertility, nutrition, morning sickness, labor and delivery and more.

After a baby is delivered, it is important that new moms maintain their physical and psychological health, as well as that of their newborn.

Addressing the health of mothers includes psychological issues surrounding mood, stress and relaxation, as well as physical areas such as healing, breast-feeding and energy levels. Baby's health issues include sleep and relaxation, cradle-cap, teething and much more.

At Native Remedies you will find a comprehensive set of herbal remedies to help you manage and optimize your body and weight health – naturally and safely.

View Natural Products for Pregnancy & Conception

- Conception Support
- Labor and Delivery Aids

- Pregnancy Support

View Natural Products for Mom & Baby

- [Infant Comfort & Health Aids](#)
- [Post-Partum Support](#)

Two Important Differences in Native Remedies Products

We use the **Full Spectrum Method** of extraction to create our products. Many *so-called natural remedies* are manufactured using standardized extractions which – although often cited as being more scientific method – is not approved by the manufacturers of holistic medicines.

To us, it makes little sense for companies to go the natural route, while being unable to guarantee that their product is free of contamination with chemicals known to be harmful to health! Using the Full Spectrum Method helps us to maintain the integrity, balance and therapeutic effect of herbs with the least risk of side effects or harm to your health!

Read more about the our [*Manufacturing & Full Spectrum Approach*](#) »

We utilize a unique **dual-modality approach** to complete holistic wellness because we know that natural medicine works best in combination (herbal, homeopathic, flower essences and tissue salts) for fast relief and long-term care. Our approach provides a complete solution by offering OTC homeopathic remedies for relief of symptoms as well as compound herbal remedies for complete support of your physical, emotional and mental well-being.

While each of our natural remedies works well on its own to address a specific body function or relieve a particular symptom, we believe that by combining our herbal and homeopathic remedies you will find a complete solution that is safe and highly effective.

Read more about the our [*Dual-Modality Approach*](#) »