



function well. **PRENATAL GUIDE**

Empowering your pregnancy journey: Safe exercises for a healthy mum and a happy baby.

HOW TO USE THIS GUIDE:

There are many physical, mental, and emotional benefits that come from staying active during pregnancy. Having a supportive social network and a community can also have positive effects on your well-being.

When you are pregnant the benefits of exercise include:

- Improved physical and mental well-being.
- Helps to prevent excessive weight gain.
- Reduces the risk of pregnancy-related complications such as gestational diabetes, preeclampsia, and hypertension.
- Reduces pain and discomfort - exercise helps promote circulation and works the muscles that support the joints. Moving can help ease symptoms of the pregnancy-related condition known as pubic symphysis.
- Easier labor. Pregnant women who exercise tend to have easier and faster labor as well as a faster recovery.

There are some conditions that make it unsafe to exercise during pregnancy.

It's important to talk to your healthcare professional before you start any exercise program during pregnancy.

Can I attend FW Classes while I am pregnant?

Yes! If you have been given all clear from your doctor that it is safe to exercise you can keep doing the workouts you love. If you are brand new to training, you absolutely can join a Function Well class but ensure you start slowly and gradually increase your activity.

WORKOUT MATRIX

To help you navigate what classes are appropriate for you to attend during your pregnancy, we've provided the below colour matrix and a list of recommendations and precautions as guidelines for you to still exercise safely.

COLOUR	MEANING
Green	Safe to participate following our provided recommendations and precautions.
Orange	Proceed with caution, ensure you follow recommended modifications and precautions.
Red	Do not participate in these exercises at all, it is not safe to proceed.

REFORMER PILATES, STRETCHFIT & YOGA

RECOMMENDATIONS:

Reformer Pilates, StretchFit and Yoga classes are highly recommended during pregnancy; being low-impact, easy on the joints, and can help alleviate your aches and pains and make you more comfortable while you're pregnant.

These classes can also put you in such a great mental space and help you with getting ready to breathe through the delivery.

There are options and modifications for every stage of pregnancy so please let your instructor know you are pregnant so they can assist you to modify movements, exercises and postures.

PRE-CAUTIONS:

After the first trimester, **avoid lying on your back for a long period of time** as it can compress blood flow and cause dizziness. Instead modify the movement to sit, stand, or lie on your side. You may also be uncomfortable to lay on your belly. Instead modify by laying on your side, or moving to sit or stand.

Be smart about abdominal workouts. Too much forward flexion (i.e. crunches) can cause early abdominal separation. You can still do abdominal work in different positions such as kneeling, quadruped and standing.

During pregnancy your body produces a hormone called relaxin, which makes your ligaments more flexible in preparation for birth. Limit yourself to a moderate range of motion and do not overstretch.

Later in your pregnancy ligaments and joints become more relaxed. Many pregnant women experience some groin pain as the pubic bone starts to separate. If **inner thigh exercises** are uncomfortable your instructor can provide alternative exercises that strengthen and tone other parts of the body.

As the baby grows, you will be getting larger, and your body naturally will lose its original centre of gravity and balance. Avoid any exercises where you could fall e.g. standing on the reformer. Performing inversions are a personal choice; if going upside down consider safety in terms of risk of falling and modify as needed.

STRENGTH CLASSES - METCON, STRENGTH

RECOMMENDATIONS:

Weight training can be a safe part of your pregnancy exercise routine. It can help maintain strength, improve posture, reduce back pain, and prepare the body for childbirth. However, it's essential to follow specific guidelines to ensure the safety of both the mother and the baby.

Let the coach know you are pregnant; you may wish to scale back your load and focus on your posture to avoid lower back pain and muscle strain.

PRE-CAUTIONS:

Avoid Straining in Lifting - The relaxin hormone can make your joints less stable under heavy lifts; it is recommended you lower the load. Pregnancy may not be the time for a PB!

Avoid Overexertion - pregnancy places increased energy demands on the body and overexertion can lead to excessive fatigue. Avoid getting too hot or excessively breathless during workouts, as these can contribute to greater pregnancy risks.

Scale Heights - When your belly grows, your body naturally will lose its original center of gravity and balance. Avoid any exercises where you could fall e.g., box jumps or pull up etc

Avoid Jumping - Jumping is often the first thing to become uncomfortable, modify skipping/double unders with other cardio activity.

Eliminate V-ups/sit-ups/toes-to-bars and any type of midline flexion like the motion of a sit-up to avoid diastasis recti, where your abdominals split. We want to allow the abdominals to grow apart at a natural pace.

Inversions are a personal choice; some feel fine going upside down consider safety in terms of risk of falling and modify as needed.

Remember, every pregnancy is unique, listen to your body and adjust exercises that no longer feel comfortable

ON DEMAND PILATES & YOGA CLASSES

RECOMMENDATIONS:

Pregnancy-specific yoga and Pilates classes are available on the on demand kiosk in the yoga and pilates studios. These classes are tailored to address the unique needs and challenges of pregnancy.

PRE-CAUTIONS:

Virtual classes provide access to instructors who specialize in prenatal yoga and Pilates, ensuring that the exercises are safe and tailored to the needs of pregnant women; however, always listen to your body - if something feels uncomfortable or painful, stop immediately. Be aware of warning signs such as dizziness, shortness of breath and chest pain.

RUN CLUB, RUNFIT, BOXING & EST

RECOMMENDATIONS:

You can safely continue to run, box and attend high intensity classes if you were attending these before pregnancy and your doctor has cleared you; however, if you weren't running or attending these classes before your pregnancy, it is not recommended that you start now.

PRE-CAUTIONS:

Avoid Overexertion – pregnancy places increased energy demands on the body and overexertion can lead to excessive fatigue.

Avoid getting too hot or excessively breathless during workouts, as these can contribute to greater pregnancy risks. Stay hydrated and avoid overheating. Listen to your body and modify or stop activities as needed.

JUMPBOARD PILATES

It's not recommended to attend this class if you are pregnant due to bouncing.

There are other Reformer Pilates classes on the timetable which are not only more appropriate classes to attend, but highly recommended.

HOT PILATES & HOT YOGA

Pregnant women are more susceptible to overheating which can be dangerous for both mother and baby.

It is not recommended the pregnant women raise their body temperature too high – for this reason we recommend you avoid hot pilates & hot yoga classes.

SAUNA & ICEBATH

RECOMMENDATIONS

Pregnant women should avoid extreme temperature exposures of saunas and icebaths.

Most healthcare providers advise against extreme temperature exposure during pregnancy, including ice baths and hot environments like saunas and hot tubs.

Elevated body temperature during pregnancy, especially in the first trimester, has been linked to an increased risk for the developing baby. The heat from a sauna can cause your heart rate and blood pressure to rise, which can put extra strain on your cardiovascular system. During pregnancy, your body is already working harder to pump blood to support the growing baby. Pregnancy causes changes in your circulatory system, and the heat from a sauna can exacerbate these changes, leading to dizziness and fainting.

Ice baths are generally not recommended for pregnant women due to several potential risks and concerns: Sudden immersion in cold water can cause a rapid drop in body temperature, leading to shock and potentially dangerous physiological responses; might reduce blood supply to the uterus and the baby.

Instead of using a sauna, pregnant women can consider safer alternatives for relaxation and stress relief in the restoration zone, such as:

- Prenatal Yoga, Meditation and Deep Breathing: To help relax the mind and body, prenatal classes are available in the yoga studio via the on-demand kiosk. Pregnancy specific classes often include breathing exercises which can be beneficial during labor and delivery.
- Massage Therapy: Massage chairs can be used to help alleviate stress and muscle aches.

A final note from us...

Remember, every pregnancy is unique, so personalisation and medical guidance are crucial.

Consult your doctor at regular check-ups, and work with Function Well's expert coaches and instructors to modify workouts appropriately for your experience level and stage of pregnancy.

Our aim is to help keep you safe and fit throughout your pregnancy. We have no doubt you'll be happy you stayed active to build the endurance needed for labor and facilitate a quicker recovery.

If there is ever anything we can do to make your health and fitness journey more comfortable during this special time, please don't hesitate to get in touch with our team.



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