

CHAPTER 5: FEELING GOOD AND STAYING FIT

# Your Goals for Exercise

For more information, see:

- *Pregnancy, Childbirth, and the Newborn* (PCN), chapter 5; *The Simple Guide to Having a Baby* (SG), pages 41–43
- <http://www.babyfit.com>
- <http://www.fitpregnancy.com>

Pelvic floor exercises (PCN page 90, SG page 43)

We recommend that you do pelvic floor contractions, relaxation, or bulging every day.

Your goal: \_\_\_\_\_ per day

Pelvic tilts (PCN page 92, SG page 57)

We recommend ten per day.

Your goal: \_\_\_\_\_ per day

Low-impact exercise: walking, swimming, yoga, etc. (PCN pages 87–88, SG page 42)

Ask your caregiver for recommendations and see your book for precautions.

Typical recommendation: thirty minutes per session, three or four times per week.

Your goal: \_\_\_\_\_ minutes, \_\_\_\_\_ times a week.

What is your plan for meeting your exercise goals? \_\_\_\_\_

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Make and post a sign somewhere to remind you of these goals!