

Your Goals for Exercise

For more information, see: Pregnancy, Childbirth, and the Newborn (PCN) Chapter 4, The Simple Guide to Having a Baby (SG), pages 41-43

Pelvic Floor Exercises (PCN page 95, SG page 43)

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

Your goal: _____

Pelvic tilts (PCN page 97, SG page 57)

We recommend twenty per day. Your goal: _____

Low-impact exercise: walking, swimming, yoga, etc. (PCN page 92, SG page 42)

Ask your caregiver for recommendations and see your book for precautions. Typical recommendation: 30 minutes per session, three or four times per week. Your goal:

What is your plan for meeting your exercise goals?

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