

Exercises to Prepare for Labor

Think of this as training for the big event! These exercises focus on building strength and flexibility for a smoother delivery:

- **Squats:**
 - Strengthens your legs and pelvic floor—key muscles for labor!
 - **How to:** Stand with feet shoulder-width apart, squat down as if sitting in a chair, hold for a few seconds, and rise back up.
- **Kegel Exercises:**
 - Strengthens your pelvic floor, which helps with pushing during labor and prevents incontinence.
 - **How to:** Squeeze the muscles you'd use to stop the flow of urine, hold for 5 seconds, then release. Do 10 reps, 3 times a day.
- **Cat-Cow Stretches:**
 - Helps relieve lower back pain and improves spinal flexibility.
 - **How to:** On hands and knees, arch your back upwards (like a cat), then lower it, letting your belly drop towards the floor.