



Moving for two

BABY ON BOARD FITNESS &
WELLNESS GUIDE



fernwood^{FITNESS}
®

Congratulations,

YOU'RE PREGNANT!

A close-up photograph of a pregnant woman with dark hair, smiling and gently holding her pregnant belly. She is wearing a light grey ribbed tank top and a light-colored cardigan. The background is softly lit.

You've got a baby on the way – what a wonderful time in your life. The arrival of your new bub often leads to quite a few changes to your usual routine – and the loss of a good night's sleep, for at least a few years – but it's all worth it for the joy your new bundle will bring.

From exercise advice and training tips for each trimester, to mum and bub nutritional needs and maintaining a healthy mindset, we've pulled together the top tips to prepare for bub's arrival. Plus, we let you in on four things no-one tells you about having a baby.

Congratulations, again!

Love your Fernwood family xx

4 things NO-ONE TELLS YOU ABOUT HAVING BABIES

Skip the fancy toys

It's an unspoken rule that babies couldn't care less about baby toys. Don't dissolve into exhausted tears when your little sweetheart rejects the specially designed educational toy you spent hours scouring the internet for at 3am while breastfeeding. A \$2 spaghetti strainer or your car keys are what they're after.



Save! Save! Save a little more!

It's no surprise babies cost a lot of money. You already know you'll need the obvious things - a cot, a pram and a baby bouncer. The hidden costs that no one seems to warn you about are the frequent 3am online shopping sprees - what can we say, 3am is the new witching hour when you have a newborn. You'll be up all-night feeding and it can get boring in those wee hours. And heaven forbid you turn on an overhead light, so the lure of the backlit laptop to avoid total darkness is strong.

Breastfeeding is natural, but not always easy

We've all seen the serene images of new mothers smiling down at their peaceful newborns as they bring them to the breast for the first time. For most women, breastfeeding doesn't work like that - at least not at first, and that's totally ok and very normal. Breastfeeding isn't easy. It can take a significant amount of time and effort to get your baby established on the breast. From cracked nipples, poor latches and crying over dog food commercials due to the flood of extra hormones, it can be a painful and frustrating process. The good news is you don't need to struggle through it unassisted. If you're battling with breastfeeding, your hospital or midwife can put you in touch with a certified lactation consultant.



You know your baby best

As tempting as it may be to turn to Dr Google with your screaming infant in your arms, it's more likely to leave you convinced that your baby has some rare form of exotic measles instead of needing a good burping. Likewise, it's easy to fall into a guilt trap and lose confidence when you compare your parenting to every single mummy blogger out there. It can be hard to sift through the noise and trust your own instincts. But no one knows your baby and your family like you do, and you're the only one capable of making the best choices for your family.

Mum, you've got this.

Exercising THE BUMP



ADVICE FOR YOUR PREGNANCY EXERCISE

30

Limit your sessions to 30 minutes of moderate-intensity exercise.

Stretch well before and after exercise. Prenatal yoga is a great way to stay flexible and strong.



Stay cool and drink plenty of water.



Wear comfortable clothes that don't constrict your rib cage or stomach.

Build your strength with a focus on your back, shoulders, chest and biceps so you'll be strong enough to pick up and hold your baby as often as they need you to.



Do Kegel exercises daily to keep your pelvic floor strong.

Words by Jasmin King, Group Fitness Manager at Fernwood Liverpool, Seven Hills, Bankstown and North Rocks.

*Disclaimer: Always consult your GP, gynaecologist and/or medical specialist before undertaking any exercise or nutrition regime while pregnant. Always inform your fitness instructor or personal trainer before resuming or beginning a class.

PLEASE NOTE

This advice is for low-risk pregnancies. Always speak with your healthcare team before embarking on an exercise program.

Generally speaking, you can continue your normal exercise program throughout the first trimester. Just ensure you don't overheat by keeping your fluids up and remember to take care and listen to your body. Try to keep your RPE (rating of perceived exertion) to a 7 out of 10.



CLICK HERE FOR VIDEO

THE FIRST TRIMESTER

Aerobic warm-up

Reps: Spend 30-60 seconds on each exercise, taking up to a one-minute rest between each.

Sets: Repeat twice.

1. March
2. High-knees
3. Heel flicks
4. Squats

Strength and tone

For these exercises, you can use your body weight or add weights (you will most likely need a different weight for each exercise). Always take your time completing the exercises slowly and under control.

Sets: Repeat 2-3 times, taking up to a one-minute rest between each.

1. Alternating lunge x12
2. Standing shoulder press x12
3. Squat x12
4. Weighted standing oblique drop x12
5. Sumo squat and upright row x12
6. Tricep extension x12
7. Reverse lunge and bicep curl x12

Created by Jane Bourne, qualified in pre and postnatal exercise at Fernwood Shellharbour.

THE SECOND TRIMESTER

PLEASE NOTE

This advice is for low-risk pregnancies. Always speak with your healthcare team before embarking on an exercise program. Avoid lying on your back and doing exercises such as sit-ups. Don't forget to listen to your body and stop immediately if you have any discomfort or concerns.

CLICK HERE FOR VIDEO

Aerobic warm-up

Reps: Spend 30-60 seconds on each exercise, taking up to a one-minute rest between each.

Sets: Repeat twice.

1. March
2. High-knees
3. Heel flicks
4. Squats
5. Punches

Strength and tone

For these exercises, you can use your body weight or add weights (you will most likely need a different weight for each exercise).

Sets: Repeat 2-3 times, taking up to a one-minute rest between each.

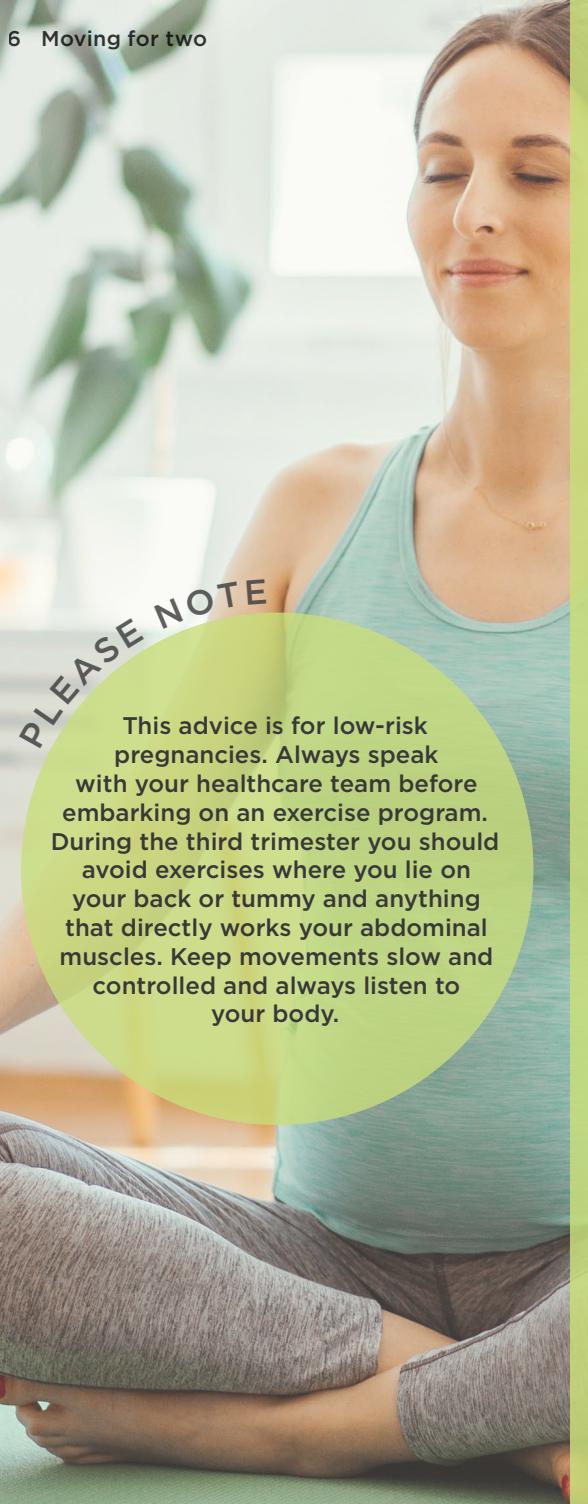
1. Squat x12
2. Push-up on knees x12
3. Alternating lunge and bicep curl x12
4. Squat and push press x12
5. Side arm lift x12
6. Sumo squat and upright row x12

Core strength and stability

Sets: Repeat 2-3 times, taking up to a one-minute rest between each.

1. **Cushion squeeze** (holding for 5 seconds) x10
2. **Side leg lift** (repeat on each side) x10 each side
3. **Shoulder bridge** (holding for 10 seconds) x5
4. **Cat pose** x10
5. **Plank on knees** (holding for 20 seconds) x3

Created by Jane Bourne, qualified in pre and postnatal exercise at Fernwood Shellharbour.



CLICK HERE FOR VIDEO

THE THIRD TRIMESTER

Aerobic warm-up

Reps: Spend 30 seconds on each exercise, taking up to a one-minute rest between each.

Sets: Repeat twice

1. March
2. Side-step
3. Heel taps
4. Squats
5. Heel flicks

Strength and tone

In this trimester you can complete the following without weights. If you do wish to add resistance, ensure you start within the intensity limit of seven RPE or below.

Sets: Repeat 2-3 times, taking up to a one-minute rest between each.

1. **Squat** x12
(hold the back of a chair for stability if you wish)
2. **Sumo squat** x12
(hold the back of a chair for stability if you wish)
3. **Lunge** x10 each leg
(hold the back of a chair for stability if you wish)
4. **Side arm lift** x12
5. **Front arm lift** x12

Core strength and stability

Sets: Repeat 2-3 times, taking up to a one-minute rest between each.

1. **Cat pose** x10
2. **Tabletop pose with arm lift** x5 each arm
(holding for 10 seconds)
3. **Tabletop pose with leg lift** x5 each leg
(holding for 10 seconds)
4. **Superwoman** x5 each side
(holding for 5 seconds)
5. **Side leg lift** x10 each side
(repeat on each side)

Created by Jane Bourne, qualified in pre and postnatal exercise at Fernwood Shellharbour.

What should I eat?

CHOOSE HEALTHY

You can eat well during pregnancy by following a Mediterranean style diet including:

- Eating a variety of fruits and vegetables
- Choosing mostly wholegrain and high fibre grain and cereals
- Choosing foods that are high in iron, such as lean red meat or tofu
- Making a habit of drinking milk, and eating hard cheese and yoghurt, or calcium-enriched alternatives
- Drinking plenty of water (fluid needs are about 750ml to 1,000ml extra per day)
- Limit food and drinks that are high in saturated fat, added sugar, and salt

Boost your folate and iron

Pregnancy creates extra demand for nutrients such as iron and folate. Folate helps to protect against neural tube defects. Increasing this B group vitamin is essential. Foods high in folate include broccoli, dried beans and lentils, spinach, wholegrain bread, oranges, and walnuts to name just a few. A Mediterranean diet is high in folate.

Iron requirements are increased during pregnancy, because as the developing foetus grows, it draws iron from the mother. It is important to eat iron rich foods every day. Iron rich foods include meat, chicken, leafy greens, lentils, and seafood. Non-animal sources of iron are absorbed more easily by the body when eaten with vitamin C rich foods. The recommended daily intake of iron during pregnancy is 27mg a day (9mg a day more than for non-pregnant women).

Up the nutrients

Boost your nutrient intake, rather than kilojoule intake. There is no need to eat for two. During the first trimester there should be little change to a pregnant woman's kilojoule intake.

The second and third trimesters require increased nutrients and energy. It is recommended to increase the intake of grain foods to include an extra 2 ½ serves per day and increase protein by one serve a day. A simple wholegrain bread sandwich with roast beef, a hard-boiled egg, or some hummus can achieve this.





Have excellent food hygiene

Good food hygiene is essential during pregnancy to avoid listeria infection and salmonella risk. Pregnant women have a higher risk of illness caused by listeria and salmonella. Foods prone to listeria contamination, and therefore foods to avoid during pregnancy include soft cheeses, deli meat, raw seafood, pre-packaged vegetables and fruits, unpasteurised foods, and soft serve ice cream.

Salmonella is usually found in raw eggs and undercooked meats and poultry.

To avoid food borne illness while pregnant:

- Always wash your hands before and after preparing food
- Store uncooked and cooked foods separately
- Wash all fruits and vegetables before consumption
- Cook food thoroughly
- Store food at correct temperatures

Avoid alcohol

Consuming alcohol during pregnancy increases the risk of miscarriage, low birth weight, congenital deformities and effects on the baby's intelligence. There is no known safe level of alcohol for pregnant women.

Words by Fiona Poole, Food Coach Manager
at Fernwood Tuggeranong

The Australian Guide to Healthy Eating provides more details for eating when you are pregnant or breastfeeding and provides a guide to the number of serves to include from each food group.



BABY BLUES OR DEPRESSION CUES?

Welcoming a new baby into the world comes with plenty of joy and anticipation. After the main event, there's a huge period of transition – not to mention sleep deprivation – and it's normal to experience periods of uncertainty as a new parent.

New mothers might assume that unhappiness, isolation and feeling overwhelmed are all part of adjusting to their new normal with a baby in tow. However, it's important to realise these feelings may be indicators of postnatal anxiety or depression.

You're not alone

Postnatal depression affects one in seven new mums in Australia. Knowing the signs and symptoms ahead of time may help you distinguish the normal hormonal roller-coaster that follows childbirth from a more serious condition that may require professional help.

SYMPTOMS TO WATCH

- Symptoms range from mild to severe. They can pop up immediately after birth, or develop gradually over several weeks or months within the first year of your child's life. The severity and symptoms differ from woman to woman.
- It takes time to figure out what is and isn't normal with your noisy new housemate. If you find yourself double-checking the baby before you close your eyes or crying over sentimental toilet paper ads in those first few weeks, you're not alone.
- But a sense of worry that won't subside or panic attacks (racing heart, shortness of breath or a feeling of detachment from reality) are clear indicators that something might be wrong.
- Women experiencing postnatal depression or anxiety often report that they're unable to let go of worries regarding their new baby's health and wellbeing. This can lead to compulsive behaviours or obsessive thoughts.
- Another common sign is a sad feeling that won't subside. Some sufferers have described this general low feeling as wading through a fog that never lifts.
- While many women experience a case of the "weepies" or "baby blues" on day three due to the dramatic hormonal shifts that occur after birth, ongoing episodes of unexplained crying outside of this adjustment period can also be a sign of postnatal depression. This symptom is often accompanied by a loss of interest in things that would usually bring joy and excitement, insomnia or periods of oversleeping.

Words by Kimberley Fulton-Scott, Postpartum Doula, and Counsellor.

PRE-NATAL PROGRAM

FERNWOOD HAS JUST LAUNCHED ITS PRE-NATAL PROGRAM!

This program has been designed to help you maintain a happy healthy body and mind as you travel through your exciting pregnancy journey.

THE PROGRAM INCLUDES:

- ▶ A guide to exercising safely
- ▶ Workouts for Trimester 1, 2 and 3
- ▶ Managing changes
- ▶ Strengthening your pelvic floor
- ▶ The importance of core
- ▶ Pregnancy nutrition

Interested?

Contact your local Fernwood to find out more about our Pre-natal program.

Don't forget to tag us in pics of you doing the pregnancy workouts with **#FernwoodFitness** on Instagram and Facebook.

Follow the official Fernwood Fitness accounts for competitions, recipes, health and fitness tips, and more!

 @FernwoodFitness

 /FernwoodFitness

Share the love

Workouts are always better with a friend, that's why we'd love to give you this **free class pass** that you can gift to a friend.

Free Class Pass

Simply contact your local Fernwood to activate your free pass.

Available at participating clubs only.



*Disclaimer: Always consult your GP, gynaecologist and/or medical specialist before undertaking any exercise or nutrition regime while pregnant. Always inform your fitness instructor or personal trainer before resuming or beginning a class.