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Session: 'Mums-to-

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Hemali Tekani

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2nd and 3rd

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exercise during

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Exercises Second
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AND DON'TS! 15

Minute Pregnancy

Workout (1st

Trimester, 2nd

Trimester, 3rd

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Antenatal Effects
Of Antenatal
Exercise On
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Well Being
Pregnancy And
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Since then, many studies have evaluated the effects of antenatal exercise. Physical effects include significant relief from back pain and constipation (Shendkar and Kodhare, 2015), no

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Effects Of

Antenatal
Exercise On
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Research In

n-pharmacological effects (avoiding complications in childbirth) (Lawani et al., 2003), fewer caesarean sections (Dumith et al., 2012), and lower

Research In

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Effects of Antenatal Exercise on the

Quality of Life in ...

The main aims of the study were to

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investigate the effects of undertaking a regular exercise programme during and following pregnancy on psychological well-being, pregnancy and birth outcomes. Data were collected at three time points during and

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following
pregnancy using a
variety of outcome
measures and were
analysed using
appropriate
statistical testing.

Effects of Antenatal
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The main aims of
the study were to

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investigate the effects of undertaking a regular exercise programme during and following pregnancy on psychological well-being, pregnancy and birth outcomes. Data were collected at three time points during and

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following Antenatal Exercise On Psychological Well Being Pregnancy And Birth Outcome Research In Nursing Whurr
pregnancy using a variety of outcome measures and were analysed using appropriate statistical testing.

Effects of Antenatal Exercise on Psychological Well-being ...

There is a paucity of data on the

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effects of antenatal exercise on offspring of overweight/obese women. 18

Excluding studies with concomitant dietary interventions, only a few clinical trials in

overweight/obese women have examined the

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effects of antenatal exercise on offspring health.

34-36 These trials also reported low compliance with the intervention, and similarly

reported no

changes in birthweight or

perinatal

outcomes. 34-36

Nonetheless, our

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Research In
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results align with a
Cochrane review ...

Effects of antenatal
exercise in
overweight and
obese ...

Results: The
subjects who
followed regular
antenatal
exercises, including
yoga, had
significantly lower

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rates of cesarean section, lower weight gain, higher newborn infant weight, lower pain and overall discomfort during labor, lower back pain throughout pregnancy, and earlier post-partum recovery compared to those who did no specific exercises

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Well Being
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or only walked
during pregnancy.

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Antenatal Exercises

1. BJOG. 2016
Mar;123(4):588-97.
doi: 10.1111/1471-
0528.13738. Epub
2015 Nov 6. Effects
of antenatal
exercise in

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overweight and obese pregnant women on maternal and perinatal outcomes: a randomised controlled trial.

Effects of antenatal exercise in overweight and obese ...

BT - Effects of

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on Psychological
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J. Effects of
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Wiley, 2009. 216 p.
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being ...

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Exercise is
protective against
the most common

complication of
pregnancy,
gestational

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diabetes mellitus (GDM). Training large muscle groups have been shown to help normalise blood sugar levels through improving glucose utilisation and insulin sensitivity.

Benefits and Risks
of Exercise During

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Pregnancy...

All interventions included some form of exercise, mainly targeted abdominal/core strengthening. The available evidence showed that exercise during the antenatal period reduced the presence of DRAM by 35% (RR 0.65,

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95% CI 0.46 to

0.92), and

suggested that

DRAM width may

be reduced by

exercising during

the ante- and

postnatal periods.

Effects of exercise

on diastasis of the

rectus abdominis ...

These types of

exercise will

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strengthen your muscles to help you carry the extra weight of pregnancy. They'll also make your joints stronger, improve circulation, ease backache, and generally help you feel well.

Exercise in

Page 31/50

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Antenatal - NHS
Effects of antenatal
exercise on DRAM
DRAM prevention
(presence/absence)
Compared with non-
exercising controls
in three studies (n
= 228), antenatal
exercise reduced
the presence of
DRAM by 35% (RR
0.65, 95% CI 0.46
to 0.92). Pooling of

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data showed low to moderate heterogeneity ($I^2 = 39\%$). From this RR, the number needed to treat was 3.

Effects of exercise on diastasis of the rectus abdominis ... effect of antenatal exercises on labour process among

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primigravid mothers at selected urban health exercise during pregnancy is a good way to keep yourself fit and prepare your body for labor as well as lower your risk of certain complications these pregnancy workouts are a

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great place to start
find helpful
customer reviews
and review ratings
for the effects of
antenatal exercise
on pregnancy and
birth outcome

The Effects Of
Antenatal Exercise
On Pregnancy And
Birth ...

There were no
significant changes

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in umbilical or uterine S/D, PI, RI, blood flow or blood velocity during or following acute exercise sessions. Chronic exercise decreased resting FHR and the umbilical artery S/D, PI and RI at rest. Conclusion Acute and chronic prenatal exercise

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Antenatal Exercise On Psychological Well Being
do not adversely impact FHR or uteroplacental blood flow metrics.

Well Being

Effects of prenatal exercise on fetal heart rate ...

Research in Nursing Whurr
Exercise during pregnancy helps to alleviate many of the common problems of pregnancy. It

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improves circulation, which helps prevent constipation, hemorrhoids, varicose veins, leg cramps, and swelling of the ankles. It also prevents back pain by strengthening the muscles that support the back.

How Exercise

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Makes Your
Pregnancy Easier

Exercise On

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Effects of Exercise

During Pregnancy ::

Well Being
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Research In

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Pregnancy is a time
when women need
to be prepared
mentally and

physically to meet

the challenges of

childbirth and the

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transitions to parenthood. However, this needs to be within the realms of safe practice. The study on which this book is based is derived from the author's work as a midwife with a special interest in exercise.

Effects of Antenatal

Page 40/50

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The effect of pelvic floor muscle exercise (PFME) on sexual function (SF) has not been studied adequately. The purpose of this study is to investigate the effect of antenatal

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PFME on female SF during pregnancy and the first 3 months following birth. This is a pragmatic, randomised controlled trial which will compare a structured antenatal PFME ...

Evaluation of the effect of an

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antenatal pelvic
floor ...

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Pregnancy Weight

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Recommendations

on Antenatal Care

for a Positive

Pregnancy

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