

FOX VALLEY WOMEN'S HEALTHCARE

Specializing in Obstetrics & Gynecology

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BENEFITS OF PREGNANCY AND EXERCISE

Positive effects exercise has during pregnancy on your unborn child

- Protection of the fetus from oxygen deprivation secondary to the faster growth of the placenta.
- Increase in blood volume which helps maintain better blood flow to the placenta.
- Babies of exercising women tend to be more lean.
- "Better" oral language skills by age five.
- Ability of babies born to exercising women to be "self soothers".

Positive effects of Kegal exercise

- Controlled contraction of the pelvic floor muscles help assist in healthy vaginal tissue.
- Help urinary control during pregnancy, delivery and postpartum.
- May help prevent hemorrhoids.

Positive effects exercise has during pregnancy on the mother.

- Control of weight gain.
- More rapid physical and emotional recovery after delivery.
- Shorter labor time (an average of two hours less).
- Fewer C-sections.
- Less use of forceps.
- Babies are reported to have higher APGAR scores.