

Things To Know While **STRETCHING** During **PREGNANCY**



GUIDELINES WHILE PERFORMING STRETCHES DURING PREGNANCY

Adhere to your doctor's advice on stretching while pregnant.



Seek guidance from a trained professional on the proper forms of stretching.



Drink plenty of fluids.



Wear comfortable and loose-fitting clothing.



Stretch before and after a workout.



Hold on to each stretch for a few seconds and gently switch to the other side.



Relax and concentrate on your breath while stretching.



Listen and understand your body's cues.



Stop and rest if you feel uncomfortable.



STRETCHES TO **AVOID** WHILE PREGNANT



Avoid stretches that need you to lay on your stomach.



If they put too much pressure on your belly.



Excessive twisting stretches.



Ones that require you to lay on your back for extended periods.



Avoid poses that may increase your chances of developing an injury.



Do not engage in stretches that require you to bounce.

REFERENCES:

1. Exercise during pregnancy; The American College of Obstetricians and Gynecologists.
2. Pregnancy Workouts & Exercises; Cleveland Clinic.