

WAYS IN WHICH Pilates Can Help IN PREGNANCY



1

It can provide relief from back pain and improve posture.

2

It can strengthen the pelvic floor, which supports the uterus, bladder, and bowel.

3

It can improve breathing and flexibility in the upper back and enhance balance.

4

The four-point kneeling positions can help reduce strain on the pelvis and aid in the correct positioning of the baby.

5

Pilates can help control weight gain and offer relaxation.

6

It can help reduce the risk of postpartum depression and fatigue.