

Prenatal exercises

Pelvic floor (Kegel's) exercise

Tighten the pelvic floor as if to lift the internal organs or to stop urination in midstream. Hold as tightly as possible for a slow count of 3 (gradually work up to a count of 10). Be sure to breathe. Repeat 3 or 4 times throughout the day, whenever possible.

Tailor sitting

Sit on the floor with legs apart and heels together. You will feel a stretch

in the inner side of your thigh. Hold for 5-10 seconds. Relax and repeat 5 times.



Wall slide squat

Stand against the wall with feet slightly apart, slowly slide down and stay for 3-5 seconds and then slide up. Relax and repeat 5-10 times.



Knee extension

Sit in a relaxed comfortable position, slowly lift your leg and make your knee straight in line with the hip. Hold it for 15 seconds and bring it down. Repeat with alternate legs.



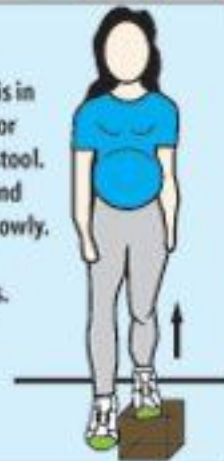
Walking lunge

Stand in a walking position, slowly go forward and down and come to the starting position. Repeat by alternating lunge with opposite legs.

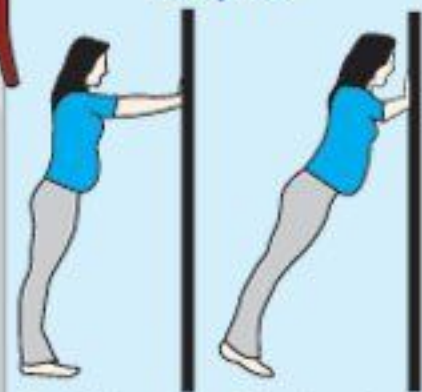


Step ups

You can do this in the staircase or with a small stool. Go up, hold, and come down slowly. Repeat with alternate legs.



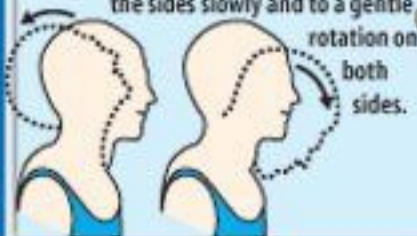
Wall press



Stand facing a wall, with hands on the wall, slowly push your hands against the wall. Your upper body will move forward and your shoulders will stretch backwards as if in normal push-ups. You will feel a stretch in your chest. Inhale slowly and deeply as you move forward, hold with your stretch for 5-10 seconds. Relax and repeat 3-5 times.

Neck rotation

Sit in a relaxed comfortable position with your hands either on your lap or over a pillow. Shoulders relaxed. Move your neck upwards, downwards and to the sides slowly and to a gentle rotation on both sides.



Outer thigh lift

Lying on your sides, slowly lift your leg to a comfortable range. Hold it for 3-5 seconds and slowly bring it down. Do 5-10 times and then turn to the other side and repeat.



Chest muscle exercise

Clasp your hands. Push against the hands and hold it for 5-10 seconds, so you will feel tightness in the chest. Relax and repeat 10 times.