



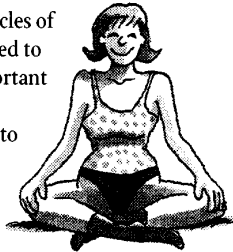
# Prenatal Exercises

The following exercises are safe and simple. They can help prepare your body for birth and help you stay limber. They can be done at any time during your pregnancy, indoors or out.

## THE TAILOR SIT

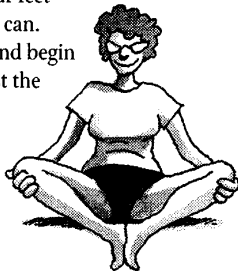
You can read or watch TV while you sit in this position and it will help stretch the muscles of your inner thighs. It can help you get used to relaxing your pelvic floor, which is important during delivery.

- Sit on the floor, pull your feet in close to your body and cross your ankles.
- Maintain this position for as long as you're comfortable.



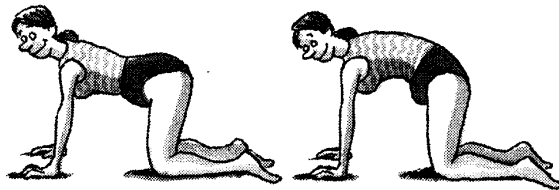
## THE TAILOR PRESS

- Sit on the floor, bring the soles of your feet together as close to your body as you can.
- Place your hands under your knees and begin to press upward. Let your knees resist the pressure.
- Hold for a count of three, then relax.
- Each day, increase the number of tailor presses you can do until you can do 10 presses, twice a day.



## THE TAILOR STRETCH

- While sitting on the floor with your back straight, stretch your legs out in front of you.
- Keep your feet about a foot apart and relaxed outward.
- Reach forward toward your left foot with both hands.
- Hold the stretch for a count of 10, then move back, sitting up straight again.
- Move forward toward your right foot, return to the upright position.
- Gradually increase the number of stretches you do each day until you're doing 10 sets twice a day.



## THE PELVIC ROCK

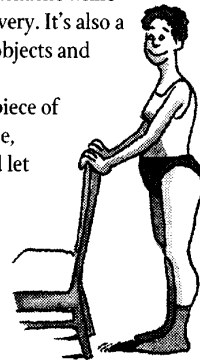
This exercise increases the flexibility of your lower back and helps strengthen abdominal muscles. It's also a good way to relieve mild lower back pain.

- Get on the floor on your hands and knees. Your legs should be slightly apart and your elbows and back straight.
- Inhale and arch your back—imitating a stretching cat—using the muscles in your lower abdomen.
- While slowly exhaling, relax and allow your back to sag, but not too far.
- Repeat this exercise 10 times, twice a day.

## SQUATTING

This exercise can help reduce backache while preparing your muscles for delivery. It's also a helpful tool when lifting small objects and children.

- While holding on to a heavy piece of furniture or a chair for balance, squat down on your heels and let your knees spread out.
- Slowly stand—using your leg muscles—until you're upright again.
- Repeat this exercise until you can do 10 squats twice a day.



## KEGELS

This exercise can make your last trimester more comfortable and the pushing phase of your delivery easier.

- While in any position, contract the muscles in your perineum—like you're trying to stop the flow of urine.
- Hold for a count of 5.
- Do 100 times per day.