

# Movement in Pregnancy

## Birth from Eden Quickguide

### First Trimester

- reduce intensity and frequency to accommodate for nausea and fatigue
- begin to become aware of the connection between your core and pelvic health

### Second Trimester

- modify high impact/intensity exercises
- reduce your load from pre-pregnancy numbers
- perform prone movements on an incline
- modify ab focused exercises
- widen stance to accommodate your belly

### Third Trimester

- focus on breath
- work on pelvic floor release
- hip stability exercises
- continue to reduce weight load
- add in meditation

## Daily movement is important for a healthy pregnancy!

Relieve common pregnancy pains and discomforts, boost your mood and energy, improve your sleep, and prevent common pregnancy complications by staying active and healthy. Stay hydrated and listen to what your body needs.



We'd love to work with you!



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