

MOVEMENT

After nutrition, the next area to prioritize during pregnancy is movement. Yes, some days it might seem impossible. I was a certified fitness teacher during my first pregnancy and taught yoga lessons until I was 38 weeks pregnant. Even with my love for fitness, there were days I could barely muster moving to another level of my house let alone going for a walk. Especially because I was due in the heat of summer!

That being said, many issues common in pregnancy can be avoided with regular movement. Try to move more days than not and you'll avoid a plethora of pregnancy annoyances before they even become issues! Not sure where to start? Here are some free + paid fitness services to get you moving at home or in your community.

move at home:

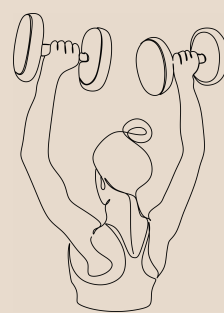
Click on each icon to jump to desired section.



Free Resources



Paid Services



Equipment

move in your community:



Free Resources



Paid Services



Clothing

why movement?


BENEFITS FOR BABY BENEFITS FOR MOM

- * **Reduced Discomfort:** may alleviate common pregnancy discomforts such as back pain, constipation, and bloating.
- * **Improved Mood:** physical activity releases endorphins (natural mood enhancers) to help combat mood swings + depression often experienced in pregnancy.
- * **Increased Energy:** movement boosts energy levels, combating fatigue.
- * **Cardiovascular Benefits:** improves heart + lung function and helps manage weight gain.
- * **Improve Insulin Sensitivity:** may help maintain proper blood sugar levels which can help prevent gestational diabetes.
- * **Healthy Birth Weight:** regular movement reduces risk of excessive birth weight which can lower delivery complications.
- * **Neurodevelopment:** may have positive effects on the baby's brain development + cognitive function.
- * **Stress Reduction:** movement indirectly benefits baby by creating a more relaxed maternal environment.
- * **Improved Placental Function:** may enhance the function of the organ responsible for supplying oxygen + nutrients to baby.
- * **Reduced Risk of Preterm Birth:** may increase chance of birth after 37 wks.

Always consult your healthcare provider before starting or continuing any exercise routine, as individual circumstances and medical conditions can vary.

youtube channels

WALK STRONG @JESSICASMITHTV





Prenatal Workouts


Jessicasmithtv
4 videos · 12,653 views · Last updated on Jul 27, 2019

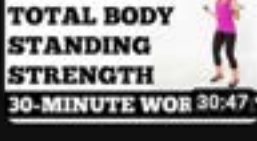
Play all Shuffle

Once you have your doctor's clearance and permission to exercise, join us for this prenatal workout series that is safe for all stages of pregnancy.

- 


Exercise for Pregnancy: Free Full Length 20-Minute Prenatal Total Body Strength Workout
jessicasmithtv · 160K views · 9 years ago
- 

Exercise During Pregnancy: Free Full Length 20-Minute Low Impact Prenatal Cardio Workout
jessicasmithtv · 404K views · 9 years ago
- 

Exercise for Pregnancy: Free Full Length 15-Minute Prenatal Total Body Stretch Routine
jessicasmithtv · 71K views · 9 years ago
- 

30-Minute Total Body Standing Strength [Prenatal Approved!] Workout JESSICASMITHTV
jessicasmithtv · 134K views · 4 years ago

@FITNESSBLENDER




Pre and Postnatal Glutes, Core, and Pelvic Floor Workout

60K views · 1 year ago

FitnessBlender

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3:10 All information provided by Fitness Blender is of a general nature and is furnished only for educational/...



Fitness Blender's Low Impact Beginner Pilates Workout - Great Post Pregnancy Workout for New Mothers


253K views · 10 years ago

FitnessBlender

Fitness Blender's Workout Programs and subscription platform, FB Plus, make it possible to keep our individua...

Intro | PILATES IMPRINTS | PELVIC CLOCK | BRIDGES | FULL RANGE OF... 15 chapters


@MADFIT





STRETCH / YOGA


MadFit
38 videos · 3,499,714 views · Last updated on Jul 25, 2023

Play all Shuffle

- 


15 min RELAX & RECOVER STRETCH (No Talking)
MadFit · 67K views · 2 weeks ago
- 

5 MIN MORNING STRETCH - A gentle routine for beginners
MadFit · 216K views · 4 months ago
- 

5 MIN DAILY STRETCH - An everyday, full body, routine for basic flexibility
MadFit · 294K views · 6 months ago
- 


20 MIN FULL BODY STRETCH - for Stress Relief & Flexibility (Minimal Talking)
MadFit · 639K views · 9 months ago

@GROWWITHJO



HAPPY KNEES

20 MIN 46 videos




PREGNANCY FRIENDLY WORKOUTS

growwithjo


30 MIN FULL BODY STANDING PILATES WORKOUT (KNEE FRIENDLY, NO EQUIPMENT) · 30:35
30 MINUTE SWEAT ON THE COUCH · 28:44

VIEW FULL PLAYLIST



THIRD TRIMESTER UPPER BODY

13:02



The Best Exercises To Combat Arm & Back Fat During Pregnancy | ALL TRIMESTERS

106K views · 3 years ago

growwithjo

One of the main places I started to see weight gain in, when I got pregnant, was my arms and back! And while, ...

Curl Press | Bent over Row to Tricep Kickback | Push-Ups 3 moments

@GLOWBODYPT

BEST PILATES Prenatal
27:04
149K views · 1 year ago

PRENATAL STRETCH BACK & HIPS Pregnancy Safe
16:24
141K views · 3 years ago

@TONEITUP

Quick Upper Body Pregnancy Workout with Sivan Ayla Richards ~ Baby Bands!
8:50
70K views · 4 years ago

16 MINUTE PREGNANCY WORKOUT WITH YAMI
16:23
4.1K views · 1 year ago

@PREGNANCYANDPOSTPARTUMTV

STRONG AFTER BABY POSTNATAL PILATES
19:07
8.4K views · 3 months ago

FULL BODY RELIEF 5-MIN STRETCH
6:37
11K views · 3 months ago

DAILY PRENATAL DEEP CORE (PREPARING TO PUSH)
10:56
19K views · 3 months ago

websites

NOURISH MOVE LOVE



Download Your Free Pregnancy Workout Plan for Each Trimester of Pregnancy

- FIRST TRIMESTER
- SECOND TRIMESTER
- THIRD TRIMESTER

DAREBEE.COM

You may have seen these graphics on Pinterest a few years ago. There is only one prenatal-specific workout, however there are hundreds of low-impact workouts that could be beneficial during pregnancy based on your activity level.

These programs are great if you were active prior to getting pregnant. If you find prenatal workouts to be boring or not challenging enough, this might be the best option for you!



apps

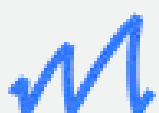
Click on the logo for the direct link. Prices may vary.



\$8/month for personalized yoga experience.



Peloton Bike (\$1.4k), Tread (\$3.5k), Row (\$3.2k), + App \$12.99/mo



Moves by Madeline

\$20/month for step-by-step guided workouts.



\$19.99/mo for prenatal and postpartum-specific workouts.



\$19.99/mo for prenatal and postpartum-specific workouts.



\$19.99/mo for prenatal and postpartum-specific workouts for home or gym.

websites

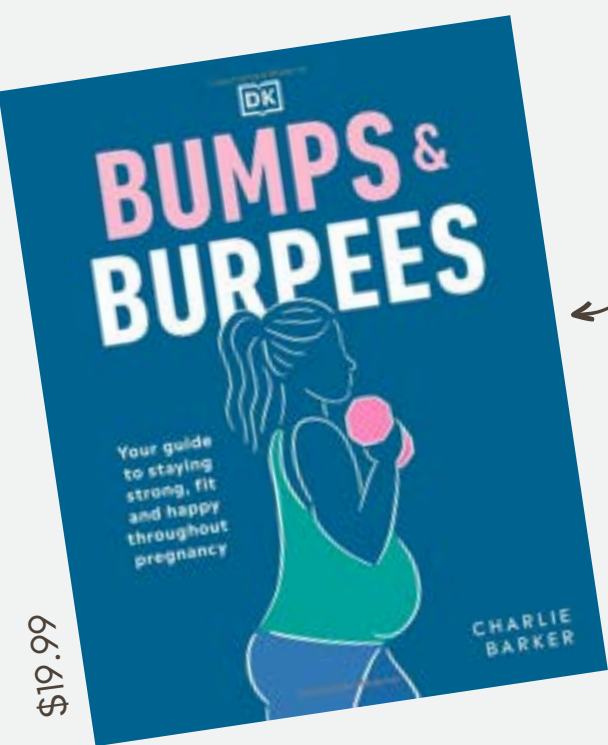


\$9.99/mo for prenatal and postpartum-specific workouts.



\$19/mo for dumbbell workouts with specific pre + postnatal guidance.

fitness books



Learn how to keep your baby safe when working out and what physical changes you can expect in each trimester. Step-by-step exercises designed to develop your strength, fitness, and flexibility will help you to carry your growing baby in greater comfort, prepare you for childbirth, and recover well. Best of all, you can do it all at home, with minimal or no equipment.

I have used both of these fitness journals + loved them!



Not pregnancy-specific, however this Dumbbell home workout journal is a great way to start a workout routine at home. There is quite a bit about the psychology of habit-building for healthy living and each workout has an accompanying online tutorial to make sure you're doing it properly.

Secret Garden Yoga Mat \$79.99

This mat is great for more than just yoga. With 5mm thickness, you'll have extra cushion for your wrists + knees. I personally have tried many organic mats + they were either very expensive or didn't wear very well. This is a good option that will last much longer than your pregnancy.



Gaiam Yoga Block \$9.99

Another fitness item that I use for more than yoga! This is great to sit on if you have sensitive sitz bones or you have round ligament pain. I use these to adjust certain exercises as my belly gets bigger and use it for a chest-opener when my shoulders are tight from breastfeeding.



Peach Resistance Bands Set \$29.99

You might be able to find something like this cheaper at Ross or TJ Maxx. Many of the free + paid programs I shared earlier will recommend a resistance band set. I like ones that offer different resistance to vary my workouts.



Peach Fabric Resistance Bands \$19.95

Fabric bands are my favorite for any leg resistance exercises. They don't snag on yoga pants or leg hairs. I find they last much longer than the thin plastic + actually stay in place.

HolaHatha Dumbbell Set \$58.99

If you can find a set like this at Target, Ross, or TJ Maxx, you may be able to find a cheaper option. Almost all of the home programs listed above require dumbbells. I personally don't like to lift too heavy while pregnant due to hemorrhoids. These are great weight options for most prenatal and postpartum workouts!



3-Tier Rolling Metal Storage Cart \$46.97

If you live close to an Ikea, they may have a cheaper option. You can get something like this at all the other stores I mentioned too. I keep all my workout equipment in a cart like this to have easy access. For a long time, I kept it in my pantry + rolled it into my laundry room for early morning workouts.

COMMUNITY - FREE

[scroll to movement](#)

This section will largely depend on where you live and the available options. Here are some ideas to find free prenatal-appropriate fitness classes in your community:



Find (or start) a free workout group in your area.



Take a free group exercise class at your local YMCA. Most Y's will have barre, yoga, pilates, strength, and water exercise classes. Some offer free classes, free trials, or big discounts.



Females in Action offers free, weekly peer-led workouts held outdoors rain or shine. They also have a deep community for outside fitness activities.

other free options

- * Check billboards at your local coffee shops, community facilities, or churches for free fitness programs.
- * Sometimes local fitness stores will have fitness classes displayed somewhere in their store. REI and Athleta tend to offer free fitness classes in their stores too. I know because I've taught a yoga class at Athleta before!
- * Libraries may also offer free yoga.
- * The Parks and Recreation department may organize free walking or hiking groups.
- * There are lots of options in addition to walking around your neighborhood or local park!

COMMUNITY - PAID

[scroll to movement](#)

Prices vary by location. Most of these group fitness businesses are franchises which mean they might offer free classes or discounted packages if you're new. Be sure to follow your local franchise on socials to watch for deals. Click on logo for website.



CLOTHING

scroll to movement

I did a full blown analysis about low-toxic activewear on Instagram + included my findings in the [Spring Product Guide](#). Here are the brands that are best for prenatal fitness that will keep your toxic exposure low without compromising style + comfort:

ANOOK

ATHLETICS

"OUTERCIRCLE15"
for 15% off



pact



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