

## *Benefits of Prenatal and Postpartum Exercise*

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### Exercising through the trimesters

- 1st trimester
- 2nd trimester
- 3rd trimester

### Postpartum: The first 6 weeks

### Physician's Clearance

- Gradual return to exercise

### Diastasis Recti

- What is it?
- Self-check

### Postural changes

- Why do they occur?
- How to correct

### Postpartum Exercise: Functional Training

- Example exercises

### Benefits of Exercise

- Strength Training
- Beyond Physical Attributes

### Setting a Good Example