

YOUR GUIDE TO

PERSONAL TRAINING

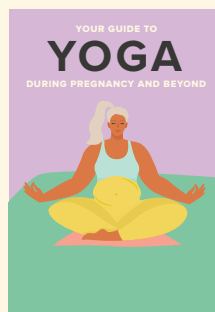
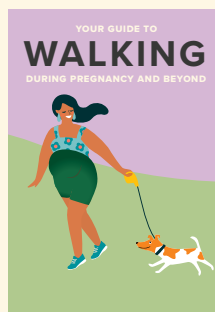
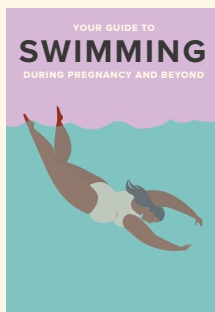
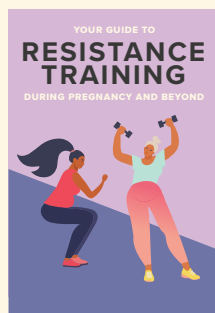
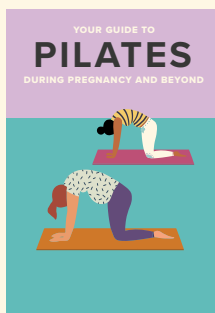
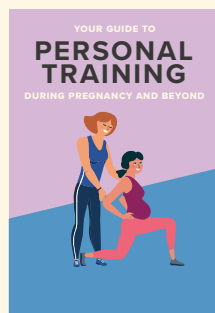
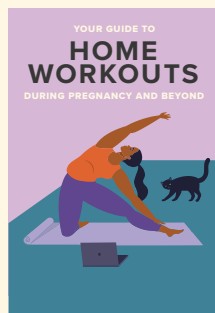
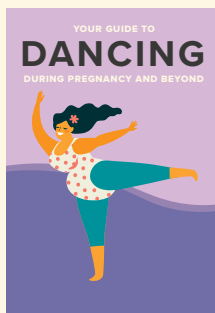
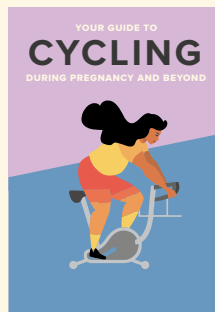
DURING PREGNANCY AND BEYOND



ACTIVE
PREGNANCY
FOUNDATION



ACTIVITIES COVERED IN THIS SERIES



ABOUT THIS ACTIVITY

A personal trainer (PT) is a certified individual who designs safe and effective workouts. Their role involves guiding clients towards their health and fitness goals through individualised programmes and instruction.

Working with a PT can help to ensure correct technique and modifications as pregnancy progresses, and they can also support you in a return to activity after childbirth.

Sessions can include 1-2-1 instruction with close observation of technique and form, but can also be delivered online with multiple participants joining in.

**Already
active?
Keep going!**

However, did you know that only 8% of PTs in the UK hold a pre- and postnatal qualification?

It's important to engage with a qualified pre- and postnatal PT because they know how to adapt sessions specific to your needs. They also understand the anatomical, physiological and biomechanical changes relating to your ability to participate in activity during and after pregnancy.

Your sessions should be fun and engaging and could involve a variety of activities which many include resistance training, cardiovascular training and functional fitness.

**Not active?
Start
gradually!**



- ⚡ Find a PT who is a qualified and experienced pre- and postnatal instructor and can support your training goals as well as guide you with modifications of exercises you enjoy.
- ⚡ Listen to your body and be honest with your PT about how you are feeling before and throughout each session. They should adapt to your needs.
- ⚡ Eat well and drink regularly before and throughout the session to prevent dehydration and overheating.
- ⚡ Wear a supportive bra and sensible shoes and consider bump supporting leggings or belt.
- ⚡ Pregnancy can be tiring so be mindful that your energy levels can vary. Take a break as and when you need to.
- ⚡ Your workout space, whether at home or in the gym, should be free from obstructions, not slippery, well ventilated and heated at the right temperature.
- ⚡ Wear comfortable loose clothing – consider layering to accommodate for changing room and body temperature.

DO's DON'Ts

- ⚡ Don't continue to train if you are feeling unwell or it feels uncomfortable. Stop and seek advice.
- ⚡ Do not push yourself to your absolute limit.
- ⚡ Don't compare yourself or your programme to that of others. Every pregnancy and postnatal journey is different.
- ⚡ Don't continue to train through pain, lightheadedness, breathing difficulties, contractions, vaginal bleeding, amniotic fluid leakage, or any other unusual symptoms. Tell your PT immediately, stop and seek further advice.
- ⚡ Don't feel you have to continue working with a PT if you don't feel comfortable and safe, supported and listened to, don't look forward to your workouts, or don't have a good working relationship.

TOP TIPS

- ★ Choose a PT that is qualified and experienced in working with and supporting women throughout their pregnancy and postnatal journeys.
- ★ You can check whether your PT is a recognised sport and physical activity professionals and whether they hold a pre- and postnatal qualification on the CIMSPA Member Directory, and the register held by The Guild of Pre- and Postnatal Instructors.
- ★ Your PT will instruct you on correct breathing and lifting technique, guiding you through modifications and adaptations.
- ★ Establishing a regular workout routine during their pregnancy means you are more likely to re-engage with physical activities after childbirth.
- ★ Remember to have fun! Workouts should be engaging but always within your limits.



AFTER CHILDBIRTH

Give your body time to heal, prioritise rest and recovery in the early weeks. If you've had a straightforward birth, you can start gentle exercises as soon as you feel up to it. This could include walking, gentle stretches, pelvic floor exercises and exercises that target the deepest layer of the abdominal muscles. If you've had a caesarean or any surgical intervention and/or complications, your recovery time will be longer.

The 6-8 week postnatal check is a good time to discuss physical activity with your healthcare professional. Reintroduce activities gradually and focus on technique, breathing, pelvic floor and abdominal function. You should only

return to higher intensity training once you have recovered from childbirth and in the absence of any signs or symptoms of pelvic floor and/or abdominal wall dysfunction. Consider seeking the support of a specialist pelvic health physiotherapist during this time.

Breastfeeding, when being active at a moderate intensity or when taking part in strength training, is safe and does not impact on breast milk quality or infant growth. Expressing or feeding your baby before training is recommended. Also consider investing in a suitable bra that will give you support whilst training and remember to keep breast pads with you to manage any leaking that can occur.



GENERAL ADVICE

Ask your healthcare professional about the Chief Medical Officers' national guidance for physical activity during pregnancy and after childbirth.

DURING PREGNANCY

It's worth noting that the national guidance applies to uncomplicated pregnancies. We suggest taking this resource with you to your next appointment and to discuss your active pregnancy with your midwife or other healthcare professional.

**If it feels comfortable,
KEEP GOING**

**If it's uncomfortable,
STOP & SEEK ADVICE**



AFTER CHILDBIRTH BIRTH TO 12 MONTHS

Reintroduction of physical activity after birth should be gradual and individualised.

The 6-8 week postnatal check is a good time to discuss this with your healthcare team, remember to take this document with you.

With any signs and symptoms of pelvic floor and/or abdominal wall dysfunction, more intense activities should not resume and referral to a specialist pelvic health physiotherapist is recommended.



“Being active has many mental and physical health benefits, so as a midwife, I can’t wait to spread the word and share these fantastic resources with new mums, mums-to-be and my professional colleagues.”

Dr Jacque Gerrard, Midwife
MBE DU_{niv} MSc RM RGN



ACKNOWLEDGEMENTS

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DISCLAIMER

Always consult and follow the advice of your healthcare professional.
This resource does not constitute or replace medical advice.

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