**Key guidelines for pre-natal training:**

Always get medical clearance from your GP/ Midwife that it is safe for you to exercise

Never exercise if you have not eaten

Stay well hydrated

Know your limits, you need to be training to maintain health and fitness and prepare your body for birth, so you do not need to push yourself to the limit.

Never exercise with a temperature

Avoid abdominal crunches, there are plenty of ways to work your core more effectively.

Get your pelvic flor muscles in shape before the birth and it will help you towards the end of your pregnancy and with your recovery after.

Be cautious of moves where you step out wide and deep. Due to the pregnancy hormones released your pelvis amongst other areas of your body may be slightly more unstable which could cause you discomfort.

If something feels uncomfortable or does not feel right when you are exercising, listen to your body, stop.

**Key guidelines for post-natal training:**

Do not start until you have had your 6-week check and been cleared to exercise by a medical professional. Go for a walk, do pelvic floor exercise, be mobile, but give your body a chance to heal. Those that have had a C section or complications may need to wait a little longer before starting to exercise

Start with gentle exercise and gradually build up your fitness

Focus on retraining your abdominal muscles, pelvic floor, and posture before you move on to heavy lifting, moderate/high intensity exercise. Pilates, post-natal yoga, or any post-natal classes are always a good start.

Wear the right clothing - a good supportive sports bra, and appropriate footwear for the activity you are partaking in. NB: trainers with a small heel will tilt your pelvis forward. The chances are that with baby weight and pelvic instability, your pelvis will already be slightly tilted forward. Therefore, if you are doing low or no impact exercises (which are advisable initially) wear the flattest trainers possible or train bare foot so you can stand taller and in better alignment.

Never exercise on an empty stomach.

Stay hydrated.

Know your limits. If you feel tired rest. Do not overexert yourself. Your body has just done the most amazing thing. You have done the equivalent of running a marathon or completing an iron woman, give yourself some time to rest and recover. Your body will thank you for it in the long run.