



21st CENTURY
PERSONAL TRAINING SCHOOL

Pre/Post Pregnancy
WORKSHOP

21st CENTURY PT SCHOOL

Datavägen 1 • 436 32 Askim, SWEDEN • info@21stcenturyptschool.se

www.21stcenturyptschool.se



Welcome to Pre/Post Pregnancy Workshop

This workshop is designed to assist the Personal Trainer in their further development as a health and fitness professional. The subject matter is one that has been and still is under intense research by the medical profession.

During the last few years the medical profession has shown a willingness to cooperate and work more closely with health and fitness professionals. This partnership has led to a series of positive findings that have greatly increased the awareness level of what can be achieved through the combination of proper exercise, good nutrition, proper recovery and better mental focus and concentration. During the workshop we will look at the three stages a pregnant woman will journey through and endeavour to give sound advice and principles that will keep both mother and baby in good physical and mental health.

At the end of the workshop we will also take time to look into Post Pregnancy Workouts and how soon a new mother can re-start her training program and what she is able to do.

Welcome to Pre/Post Pregnant-1st Trimester

Coming to terms with the reality:

A woman's pregnancy is split into three trimesters each trimester is split up in a three-month period. During this period the woman's body will begin to change and adapt to prepare itself for the vigours of a pregnancy, labour and finally delivery of a new life. The process of adaptation during this initial stage is more mental than physical, also the woman's current state of health, mental and physical condition, must be taken into consideration before any exercise prescription is given.



1st Trimester Issues:

- 1) When does a woman know she is pregnant?
- 2) Must the fitness professional receive medical clearance from the patient's doctor?
- 3) Should the nutritional needs of the patient be adjusted?
- 4) If the patient has been pursuing a regular exercise program, can they continue to workout the same way?
- 5) If the patient has not been pursuing a regular exercise program, should they start now?
- 6) What type of exercise should be prescribed at this stage? For example, exercises to be avoided or included, strength training, duration of training, core workouts.
- 7) Other factors that the fitness professional should be aware of. (mood swings, food cravings, morning sickness) and how these will affect the patient.
- 8) The goal with training at this stage.
- 9) The benefits of training at this stage.
- 10) Safety and Security of patient.

Pre/Post Pregnancy Workshop - The Second Trimester

My Body Is Changing:

This period is from 3-6 months tends to be a period of major development in both the patient and unborn baby.

During this period the patient will experience more restrictions in movement, balance and co-ordination. The exercise professional must pay closer attention to the patients diet, daily routines, sleeping patterns, mental self-perception and exercise program. At all stages of the patients pregnancy, a close communication must be maintained with the patients medical back-up.



Notes.

- 1) How should my program for my client continue?
- 2) If my client complains of continuous pain, what should I do?
- 3) How should I advise my client in terms of her nutritional needs?
- 4) How can I assess my clients mental condition?
- 5) Should I use a heart rate monitor on my client?
- 6) Can my client exercise on her own?
- 7) If my client cancels on the day should I charge?
- 8) Is it necessary to do any type of fitness testing on my client?
- 9) If my client wants to try harder should the exercise professional encourage this?
- 10) Safety and Security.

Pre/Post Pregnancy Workshop - The Third Trimester

This period can be a time of stress, anxiety and excitement for the patient, The exercise professional should be aware that the patient is becoming more and more unstable in her movements so all exercises that could be deemed as unnecessary/experimental risks should be avoided. During this last period, the growing child will be demanding more and more of the patients nutrients and energy, therefore the exercise professional needs to pay close attention to the patients nutrition, posture, mental strength and physical well being. At this stage, it will be well advised to limit your patients exercise duration to 30mins with adequate periods of rest both during the workout and in between workout days.



Third Trimester Points:

- 1) Can my client still train right up to the scheduled deliver date?
- 2) Should my client eat more calories?
- 3) Can my client continue with strength training?
- 4) Should I go with my client to the ante-natal classes?
- 5) Should I speak with the my clients partner, for the purpose of extra support?
- 6) Should my client worry about her weight gain?
- 7) Can I train my client at her home if its possible?
- 8) Is it safe for my client to walk on the running machine?
- 9) What are the exercise professionals primary goal during this stage of pregnancy?
- 10) Safety and Security.

Pre/Post Pregnancy Workshop - Training Programs/Exercises

1st Trimester Workouts and Guidelines:

2nd Trimester Workouts and Guidelines:

3rd Trimester Workouts and Guidelines:

Pre/Post Pregnancy Workshop - Summary

Competence and Knowledge:

Listed below are factors that an exercise professional should take into consideration before taking on a patient who is in this condition and also factors that an exercise professional should be aware of once they take on a patient who is in this condition.

- 1) Do not prescribe a pregnant patient with an exercise prescription if you don't feel comfortable to do so or lack the necessary competence to administer and direct such a patient! Remember it's two lives you have in your hands not one!
- 2) Always receive some form of medical clearance before taking on a pregnant patient. This will clear up any past or present issues that can affect exercise prescription such as: a history of miscarriages, premature labour, heart disease, diagnosed pregnancies etc. etc.
- 3) Once your patient has been diagnosed as being pregnant then all contact sports and risk activities must be discontinued immediately, such as , boxing, ski-ing, mountain climbing, surfing, football etcetc.
- 4) Cease exercising immediately and refer your patient to her doctor, If your patient shows any signs of chronic fatigue or complains of any type of internal pain.
- 5) Always stay in contact with the patient's medical back-up to ensure the continued health and well being of both patient and infant.
- 6) Like every area of health and fitness, the exercise professional should update and improve upon their knowledge in this particular area.

Benefits Of Exercise While Pregnant:

There are many benefits that have been medically proven to be gained from a pregnant patient including exercise in her daily routines. Below are just a few of them.

- 1) More Energy
- 2) Stronger muscles to carry the burden of the extra weight.
- 3) Stronger skeletal system to cope with the demands of pregnancy.
- 4) Weight control.
- 5) Stress relief
- 6) Faster recovery after birth.
- 7) Better sleeping patterns.
- 8) Better nutrition habits
- 9) Stronger baby
- 10) Healthier baby
- 11) Intelligent baby
- 12) Less complications in returning to full fitness after delivery.

Sales and Marketing:

There is a growing need for exercise professionals to take on this role of assisting patients who fall into this category. How to reach this particular customer base has been the problem. Listed below are just some of the ways that you as an exercise professional should be able to tap into this customer base and assist a group of people who are in great need of your skills, passion and knowledge.

- 1) Mother and baby clinics
- 2) Hospitals
- 3) Babywear stores
- 4) Swimming locations
- 5) Supermarkets
- 6) Internet sites
- 7) Newspapers
- 8) Cafes and restaurants



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