

PREGNANCY

SUMMER 2011

**YOUR BODY
YOUR BABY**
THE ESSENTIAL
NINE-MONTH GUIDE

PAIN RELIEF
THE BEST OPTIONS FOR YOU

**HOT
Pregnancy
FASHION**

**286 ways to flatter
your bump**

- ♥ Festive frocks
- ♥ Weekend & work wear
- ♥ Cool cossies
- ★ Your must-have maternity bra

Astro babes
HOW YOU AND YOUR
BABY'S STAR SIGNS RELATE

CHEESE, MEAT, TAKEAWAY...
**WHAT'S SAFE
& WHAT'S NOT**

**BABY
SHOWER
SPECIAL**

40 fabulous ideas
you'll **LOVE**

TONI PEARE
ON SE
MOOD SWING
& HER BIRTH PLA

**REALITY
BITES**

**38
PREG
& BIRTH
STORIES**

"I DELIVERED
IN THE CAR"
"I HAD
DRUG-FREE
BIRTH"

**Baby
Bonus!**
**25%
OFF**



MATERNITY CLOTHES, EVENING WEAR,
BABY CLOTHES, NURSERY BUYS, TOYS,
NAPPY BAGS, MUMS AND BUBS SKINCARE

*OFFERS NOT AVAILABLE IN NZ. CONDITIONS APPLY. SEE PAGE 150 FOR DETAILS

acp
magazine
ISSUE 14
Australia
\$13.50 (inc. GST)
New Zealand
\$13.50 (inc. GST)

Leah wears her own clothes.



LEAH, 32, PILATES PRACTITIONER

On Pilates "I had a high-stress job and Pilates was a way to unwind while getting fit. Eventually, I indulged my passion and became an instructor. I've been teaching for almost a year."

The benefits "Pilates is low impact, so there is virtually no stress on the joints (important for pregnant women whose joints have become lax). It also strengthens the pelvic-floor muscles, and this is very important after you give birth. If pregnant, watch you don't overheat, and keep your heart rate below 140 beats per minute."

Pre-pregnancy "As an instructor, I was working out every day. I taught a mixture of classes, so I was getting a varied and all-over work-out – and I added walking for cardio."

During pregnancy "My exercise regime didn't change much in the first few months. My body was so used to the type of exercise I was doing, it was safe for me to continue – I checked with my obstetrician first though."

Adjustments "From about four months I found it uncomfortable to lie on my stomach. I cut out superficial abdominal exercises like crunches, but continued deep-core exercises. As your centre of gravity shifts, you need to be careful with anything that requires balancing or being high off the ground."

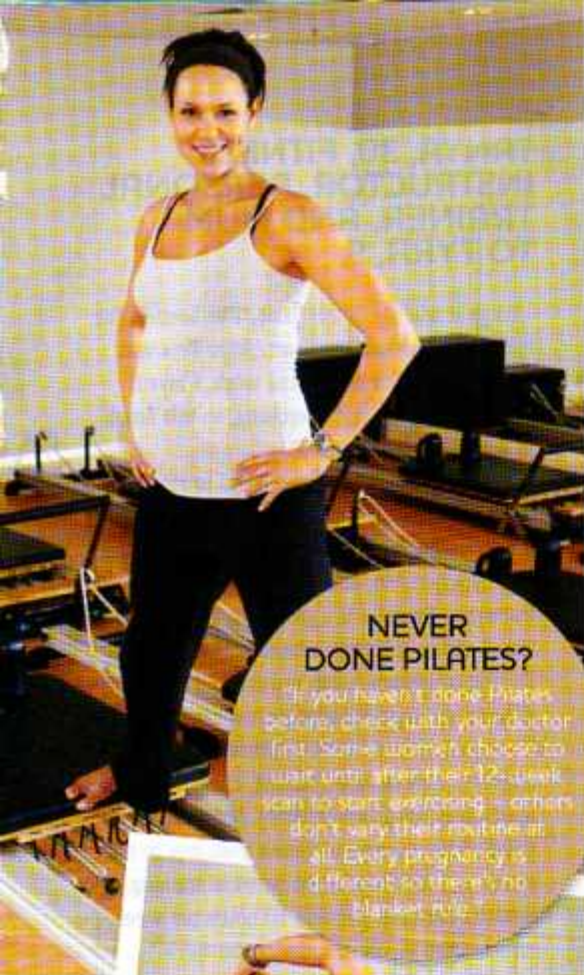
Approaching the birth "I hope to continue up until the birth. Technically it's safe, but for some women it gets uncomfortable – fluid retention and exhaustion can render you unable to do anything but put your feet up and be pampered, which is totally fine as well!"

Following the birth "I advise women to ease back into exercise gently. Your body's been through an extremely taxing ordeal; to throw yourself back into rigorous exercise isn't safe. Don't feel bad if it takes longer than expected – you can always get your body back, but you can't get back time spent with your new child."

THE PROFESSIONALS

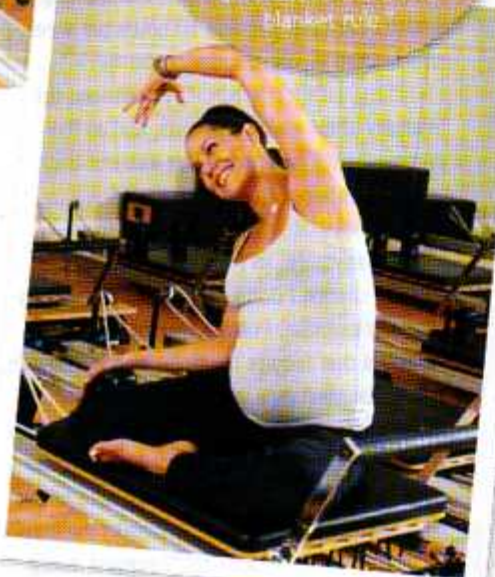
HOW (PREGNANT) FITNESS EXPERTS WORK OUT

Who better to advocate the benefits of exercise in pregnancy than four mum-to-be instructors! They tell how they're adjusting their favourite work-outs in the lead-up to giving birth

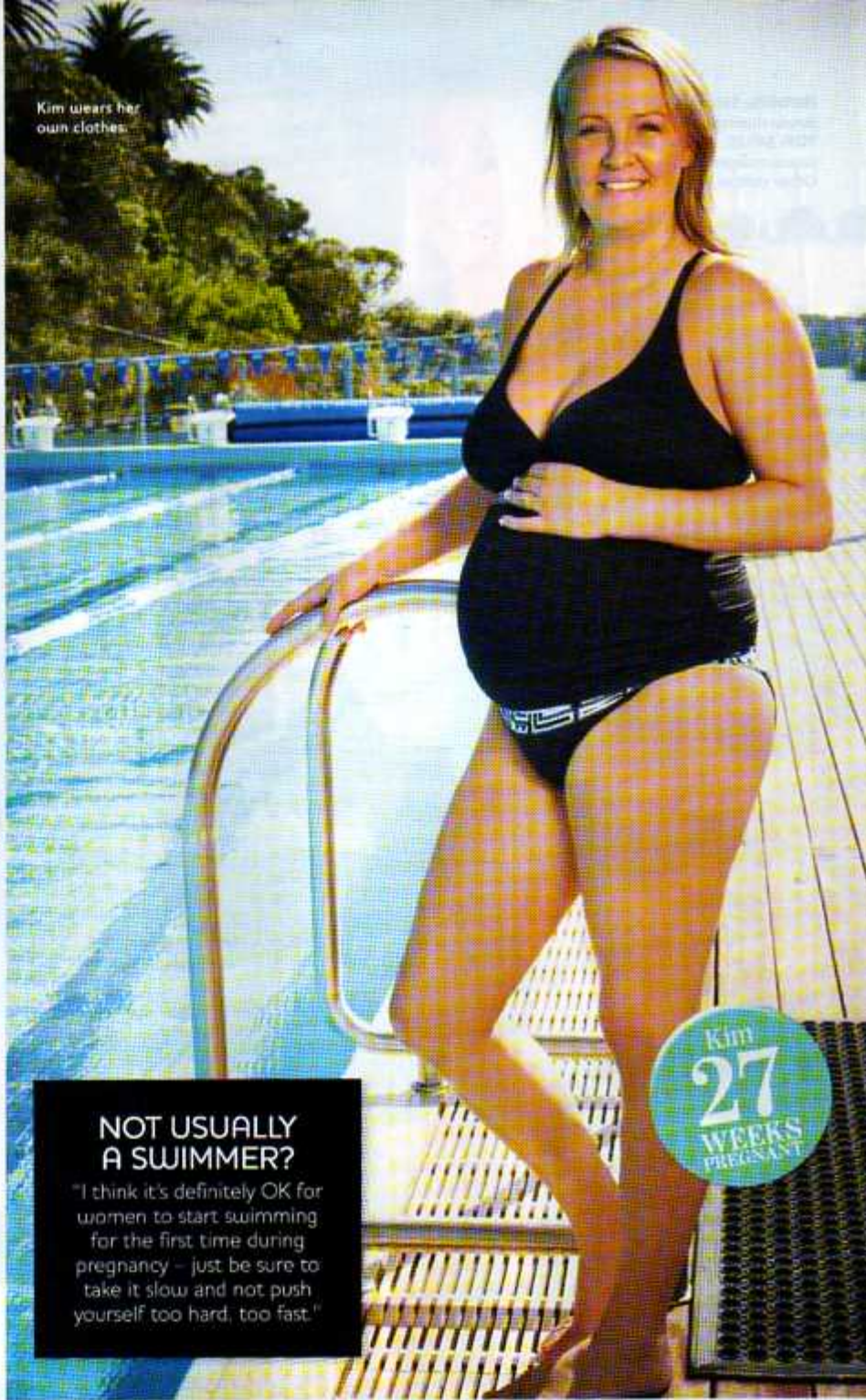


NEVER DONE PILATES?

"If you haven't done Pilates before, check with your doctor first. Some women choose to wait until after their 32-week scan to start exercising – others don't vary their routine at all. Every pregnancy is different so there's no blanket rule."



Kim wears her own clothes.



NOT USUALLY A SWIMMER?

"I think it's definitely OK for women to start swimming for the first time during pregnancy – just be sure to take it slow and not push yourself too hard, too fast."

Kim
27
WEEKS
PREGNANT

KIM, 36, SWIM SCHOOL OWNER/INSTRUCTOR AND MUM TO COOPER, 4, AND JHAI, 22 MONTHS

On swimming "I've been an instructor for 20 years. I've had many full-time jobs, but I've always taught swimming part-time."

The benefits "Swimming uses all the muscles in your body – keeping them flexible and strong will benefit you during and after the birth. Plus, moving in water keeps you fit without the high impact of other exercises."

Pre-pregnancy "Before I had children, I ran, swam and did a variety of gym classes,

from spin to pump to cardio. Until you have kids, you have a lot more flexibility in the hours you can train. I managed to do 90-minute sessions before work, five to six days a week."

During pregnancy "My exercise routine changed due to being so tired. My workload had also increased, so my sessions dropped to three or four days a week. And, of course, my workouts weren't as intense as they had been."

Adjustments "I haven't had to adjust any swim strokes, but I do a lot slower these days! The only thing I've found I can't do any more is run. It doesn't work for me (it's too painful), so I'm sticking to the pool and low-impact gym classes, such as spin and Body Pump."

Approaching the birth "With my first pregnancies, I swam right up until the birth. I even worked in the pool, teaching up until the day my second boy was born."

Once the baby arrives "I plan to have one school term out of the water after this birth; that's nine to 10 weeks. Due to medical reasons, I need to have Caesareans, so I plan to have a few weeks off exercising to recover. I'll do a daily walk in an attempt to get the little monster to sleep in the pram and that'll be enough activity for a few weeks. After that, I normally surrender myself to my personal trainer friend for a few months – she'll get me going again and back into shape." ▶

HOODIE: \$60, Running Bare (www.runningbare.com.au).
TOP: \$49.95, Ostara Maternity (www.ostaramaternity.com.au).
Other clothes Tanya's own.



TANYA, 30, FITNESS INSTRUCTOR, PERSONAL TRAINER, AND MUM TO TYRA, 9

On personal training "I've been in the industry for around six years. After Tyra was born, I needed to find casual work. I loved going to the gym and exercising, so this fitted in well with my lifestyle."

The benefits "Exercise helps to maintain general fitness and strength. Health benefits include reducing the risk of gestational diabetes and hypertension, and reducing fatigue and insomnia. Exercise is a great way to lift your mood and to maintain a healthy body weight. During pregnancy it can provide self-awareness of body and postural changes over that time."

Pre-pregnancy "I instructed around 15 classes per week (spin, boxing, circuit, aerobics, aquarobics, fitball and Pilates). Most classes were an hour long and varied from low to high intensity. I also conducted personal training sessions between five and 10 hours per week, which often involved some cardio work."

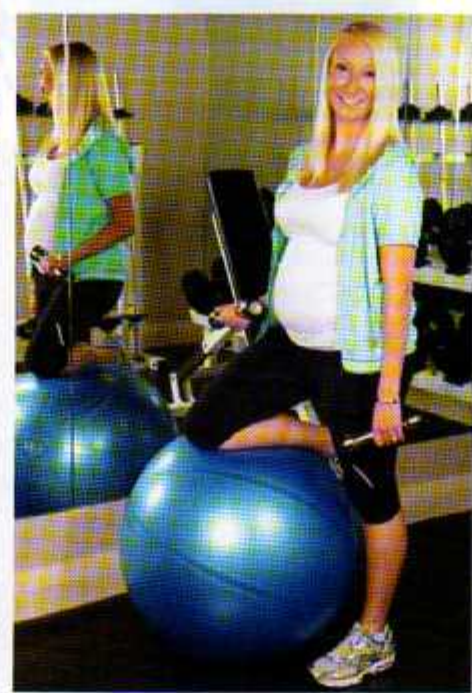
During pregnancy "I've reduced the intensity of my own work-outs, and as the pregnancy has progressed I've also cut back on the number of classes I instruct."

Adjustments "I don't feel comfortable running anymore, so I walk instead. When training clients, I don't participate in any high-intensity exercise. I obviously can't do exercises that require me to lie on my stomach, and I take great care when stretching because of the hormones that increase joint laxity. I am still instructing spin classes, but I think I may have to start teaching them off the bike within the next month – my belly's getting in the way!"

Tanya recommends "I suggest doing pelvic-floor exercises during and after your pregnancy. Walking or cycling on a recumbent bike [ridden in a reclining position] will keep up your fitness. Prenatal Pilates is also great, as it focuses on core strength and postural awareness. Getting in the water is beneficial and will take the load off your joints."

Approaching the birth "I plan on exercising right up until the birth, but I'll listen to my body and reduce the intensity and duration if I feel the need."

Once baby arrives "I don't plan on working for the first three months – after that it will depend on my fitness, strength and childcare availability. I plan to ease back into exercise during the first couple of months by walking and concentrating on pelvic-floor and mild core exercises, then I'll work towards getting back to my full routine, doing whatever I can find the energy for after sleepless nights."



DON'T USUALLY EXERCISE?

"Pregnant women should get advice and clearance from their doctor before exercising. Then, if there aren't any health problems, go ahead. A good start would be low-intensity exercise for around 15 minutes, three times per week, gradually building up to 30-40 minutes at a time."