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## *ANTENATAL EXERCISE*

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### *Antenatal Exercises*

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'Mums-to-be' *Is it safe to exercise during pregnancy?* Dr. Hemali Tekani **Pregnancy**

**Exercises First Trimester (safe for all trimesters)** *Exercise during pregnancy: How safe is it? Antenatal*

*Exercise / exercises can do during pregnancy*

**HOW I LOST WEIGHT DURING PREGNANCY**

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## Loss Tips

First trimester of pregnancy: Do's and Don'ts | Doctor Naanga Eppadi Irukanum |

## News7 Tamil

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Exercise During

Pregnancy Prenatal

Series Best Stretches for

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~~Pregnancy to Relieve  
Aches and Pains |  
Exercise On  
Pregnancy Unleashed 6  
MINUTE~~

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Exercises For Pregnant  
Women PREGNANCY  
TEST POSITIVE AND  
NEGATIVE How to Do~~

Kegel Exercises |  
Pregnancy Workout 25  
Minute Prenatal

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**are the benefits of**  
**exercise during**  
**pregnancy? My 9th**  
**Month Pregnancy**  
**Exercise Routine till**  
**Birth**

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Pregnancy Exercise

Third Trimester

Pregnancy Exercises

Second Trimester

**EXERCISE DURING**

**PREGNANCY | DO'S**

**AND DON'TS! 15**

Minute Pregnancy

Workout (1st Trimester,

2nd Trimester, 3rd

Trimester) *Effects Of*

*Antenatal Exercise On*

Since then, many

studies have evaluated

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the effects of antenatal exercise. Physical effects include significant relief from back pain and constipation (Shendkar and Kodhare, 2015), non-pharmacological effects (avoiding complications in childbirth) (Lawani et al., 2003), fewer caesarean sections (Dumith et al., 2012),

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## Exercise On *Effects of Antenatal Exercise on the Quality of Life in ...*

The main aims of the study were to investigate the effects of undertaking a regular exercise programme during and following pregnancy on psychological well-being, pregnancy and

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birth outcomes. Data were collected at three time points during and following pregnancy using a variety of outcome measures and were analysed using appropriate statistical testing.

*Effects of Antenatal*

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The main aims of the study were to investigate the effects of undertaking a regular exercise programme during and following pregnancy on psychological well-being, pregnancy and birth outcomes. Data were collected at three time points during and following pregnancy using a variety of



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Exercise On  
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Well Being  
Outcome measures and  
were analysed using  
appropriate statistical  
testing.

*Effects of Antenatal  
Exercise on  
Psychological Well-  
being...*

There is a paucity of  
data on the effects of  
antenatal exercise on  
offspring of  
overweight/obese

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women. 18 Excluding studies with concomitant dietary interventions, only a few clinical trials in overweight/obese women have examined the effects of antenatal exercise on offspring health. 34-36 These trials also reported low compliance with the intervention, and similarly reported no

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changes in birthweight  
or perinatal outcomes.  
34-36 Nonetheless, our  
results align with a  
Cochrane review ...

*Effects of antenatal  
exercise in overweight  
and obese ...*

Results: The subjects  
who followed regular  
antenatal exercises,  
including yoga, had  
significantly lower rates

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of cesarean section,  
lower weight gain,  
higher newborn infant  
weight, lower pain and  
overall discomfort  
during labor, lower back  
pain throughout  
pregnancy, and earlier  
post-partum recovery  
compared to those who  
did no specific exercises  
or only walked during  
pregnancy.

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*IJERPH | Free Full-  
Text | Effect of  
Antenatal Exercises ...*

1. BJOG. 2016  
Mar;123(4):588-97. doi:  
10.1111/1471-0528.137  
38. Epub 2015 Nov 6.  
Effects of antenatal  
exercise in overweight  
and obese pregnant  
women on maternal and  
perinatal outcomes: a  
randomised controlled  
trial.

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*Effects of antenatal  
exercise in overweight  
and obese ...*

BT - Effects of  
Antenatal Exercise on  
Psychological Well-  
being, Pregnancy and  
Birth Outcome. PB -  
Wiley. ER - Rankin J.  
Effects of Antenatal  
Exercise on  
Psychological Well-  
being, Pregnancy and

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Birth Outcome. Wiley,  
2009. 216 p. Powered  
by Pure, Scopus &  
Elsevier Fingerprint  
Engine ...

Pregnancy And  
*Effects of Antenatal  
Exercise on*

*Psychological Well-  
being ...*

Exercise is protective  
against the most  
common complication  
of pregnancy,

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gestational diabetes  
mellitus (GDM).

Training large muscle  
groups have been shown  
to help normalise blood  
sugar levels through  
improving glucose  
utilisation and insulin  
sensitivity.

*Benefits and Risks of  
Exercise During  
Pregnancy ...*

All interventions



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included some form of exercise, mainly targeted abdominal/core strengthening. The available evidence showed that exercise during the antenatal period reduced the presence of DRAM by 35% (RR 0.65, 95% CI 0.46 to 0.92), and suggested that DRAM width may be reduced by exercising during the

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ante- and postnatal  
periods.

## Exercise On

*Effects of exercise on  
diastasis of the rectus  
abdominis ...*

These types of exercise will strengthen your muscles to help you carry the extra weight of pregnancy. They'll also make your joints stronger, improve circulation, ease

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backache, and generally help you feel well.

*Exercise in pregnancy -  
NHS*

Effects of antenatal exercise on DRAM  
DRAM prevention  
(presence/absence)

Compared with non-exercising controls in three studies (n = 228), antenatal exercise reduced the presence of

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DRAM by 35% (RR 0.65, 95% CI 0.46 to 0.92). Pooling of data showed low to moderate heterogeneity ( $I^2 = 39%$ ). From this RR, the number needed to treat was 3.

*Effects of exercise on diastasis of the rectus abdominis ...*

effect of antenatal exercises on labour

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Antenatal  
primigravid mothers at  
selected urban health  
exercise during  
pregnancy is a good  
way to keep yourself fit  
and prepare your body  
for labor as well as  
lower your risk of  
certain complications  
these pregnancy  
workouts are a great  
place to start find  
helpful customer

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reviews and review  
ratings for the effects of  
antenatal exercise on  
psychological  
pregnancy and  
Well Being

*The Effects Of Antenatal  
Exercise On Pregnancy  
And Birth ...*

Research In  
Nursing whurr  
There were no  
significant changes in  
umbilical or uterine  
S/D, PI, RI, blood flow  
or blood velocity during  
or following acute

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exercise sessions.

Chronic exercise decreased resting FHR and the umbilical artery S/D, PI and RI at rest.

Conclusion Acute and chronic prenatal exercise do not adversely impact FHR or uteroplacental blood flow metrics.

*Effects of prenatal  
exercise on fetal heart*

# Download Free Effects Of *rate ...* Antenatal

Exercise during pregnancy helps to alleviate many of the common problems of pregnancy. It improves circulation, which helps prevent constipation, hemorrhoids, varicose veins, leg cramps, and swelling of the ankles. It also prevents back pain by strengthening the muscles that support the



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back. How Exercise  
Makes Your Pregnancy  
Easier

*Effects of Exercise*

*During Pregnancy ::  
American Pregnancy ...*

Pregnancy is a time  
when women need to be  
prepared mentally and  
physically to meet the  
challenges of childbirth  
and the transitions to  
parenthood. However,

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this needs to be within the realms of safe practice. The study on which this book is based is derived from the author's work as a midwife with a special interest in exercise.

*Effects of Antenatal  
Exercise on*

*Psychological Well-  
Being ...*

The effect of pelvic

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antenatal exercise (PFME) on sexual function (SF) has not been studied adequately.

The purpose of this study is to investigate the effect of antenatal PFME on female SF during pregnancy and the first 3 months following birth. This is a pragmatic, randomised controlled trial which will compare a

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structured antenatal  
PFME ...

Exercise On

*Evaluation of the effect  
of an antenatal pelvic  
floor ...*

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being, Pregnancy and  
Birth Outcome

(Research In Nursing  
(Whurr)) by Jean

Rankin (2009-03-15) by

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Birth Outcomes:

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# Well Being

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