

Fitness During Pregnancy Can Make For A Quick And Easy Delivery

There's a lot that can be said about being fit, whatever the age. But to accomplish fitness while pregnant has superior health benefits for the new baby and mother alike. However, what are the elements of a fit pregnancy?

Diet and Nutrition

Regarding diet and nutrition, what constitutes a fit pregnancy is relative and ultimately up to the mother-to-be to decide. Pregnancy works on comfort zones and this includes comfort food too. Even though spouses, friends and in-laws will have their influence, pregnancy is a fit time to make positive dietary adjustments.

Everything should come under initial scrutiny - from monitoring weight and body fat to intake of fruits and vegetables - even what the cravings are. Sometimes there are indications of nutrient requirements; some even say that certain cravings have to do with the young soul in the womb.

Such concerns and much more are usually discussed with the OB/GYN early on in the pregnancy. A fit pregnancy looks at dietary intake vs. activity level. Recommended daily requirements vary with each pregnancy. For example, an active woman might need to increase iron rich foods while another less active woman might need lots of fiber rich veggies and easy to digest food.

Don't be surprised if cravings evolve from specific foods to whole food group preferences during pregnancy. A simple rule of thumb is to try to add something good to your diet every week.

Happy, Healthy and Wholesome

Of course there are numerous factors in achieving a happy fitness balance during pregnancy. A pregnancy fitness program includes movement with reasonable levels of strenuous exercise, lots of warm up and again a reasonable cool down time.

Yoga means union, so naturally a well-balance yoga regimen designed for pregnancy fitness could be really great. Do your research and ask the yoga instructor for references of actual moms who went through the program.

Oxygen

Blood oxygen levels are important to athletes, race horses - and babies. Keeping cardio fit during pregnancy is a great way to accomplish this. As the body works more efficiently, the baby gets both good amounts of oxygen and steady nutrient flow in the bloodstream which is a real bonus.

Fitness during pregnancy shows on the delivery day, the recovery days following and the good habits established will aid in the quick restoration of body tone and normal weight.

Source: <http://www.articlecircle.com>

About the Author

Eddie Lamb publishes an abundance of vital information on a range of health topics. We believe a better understanding of your condition can help reduce unnecessary anxiety. You'll find a host of useful articles all about pregnancy listed on our site map page at

<http://www.pregnancyunderstood.com>