

exercise



Celebrate your pregnancy with exercise! (Amazing time to enjoy life or change your life with introduction of routine exercise)

LAiMA way:

Not “WHAT can you do?” but “WHY should you do it?”

exercise



Do you have: Any medical problems prior to pregnancy or have you been at risk or diagnosed with any pregnancy related condition?

NO

YES

Did you exercise regularly prior to pregnancy?

Talk to LAiMA - we will individualize your activities for you.

NO

YES

Perfect time to start! Gentle aerobic regular exercise 2-3 times weekly 30-40 min speed walk or jog/Stationary bike/light weights (5lb or less), modified basic yoga. Hydrate!

Good job! You may continue, but modify:

1. Do not compete with others or yourself when not pregnant.
2. Remember your goal is to celebrate your pregnancy and have phenomenal experience.
3. We understand you CAN do more..... but Why?
4. Watch out for warnings signs below.
5. Hydrate!

STOP and CALL if you don't feel good, dizzy, bleeding, pain, leakage, headache

Call



2/2

Things NOT to do: NO Fighting (contract sports) , NO Riding (horseback, mountain bike, off road ATV etc), NO Skiing, Surfing, Skiing, NO Flying (jumping trampling, skydiving).
LAiMA Method has specific pregnancy and postpartum routines that are individualized to each mom to have a phenomenal pregnancy experience.