

# Pre and post natal training

Nicola Rossell

**FIT**  
**STRONG**  
**MUM**

*Rossell*  
FITNESS

# What will we cover today

## Prenatal

- Strive for a physically and mentally positive pregnancy
- Red flags to watch out for
- Pregnancy anatomy

## Post natal

- Where to start
- The 6 week postnatal check
- Be kind to yourself

# Prenatal considerations

- Let go of expectations
- Unexpected changes in your body
- Athleticism doesn't end where motherhood begins
- Be kind to yourself
- Set yourself up for a strong, supportive postnatal experience
- Work with a qualified professional if you're not confident

# Potential anatomical changes

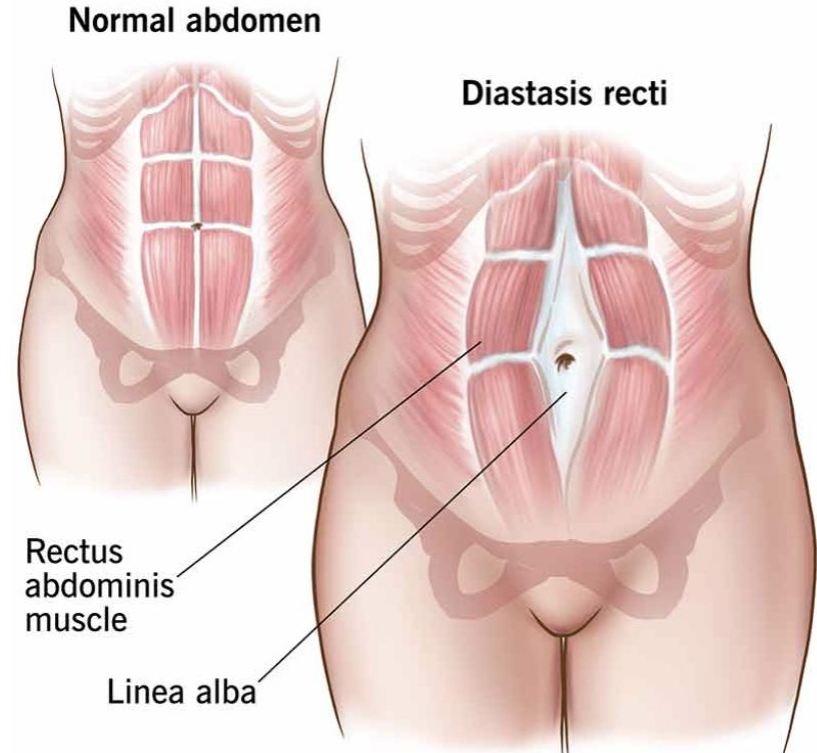
- Upper back muscles elongate
- Chest muscles may tighten
- Pressure on your pelvic floor
- Glutes becomes weaker
- Diastasis
- Pelvis can become less stable
- Swelling
- Your bump alters your centre of gravity

Training can help support these changes



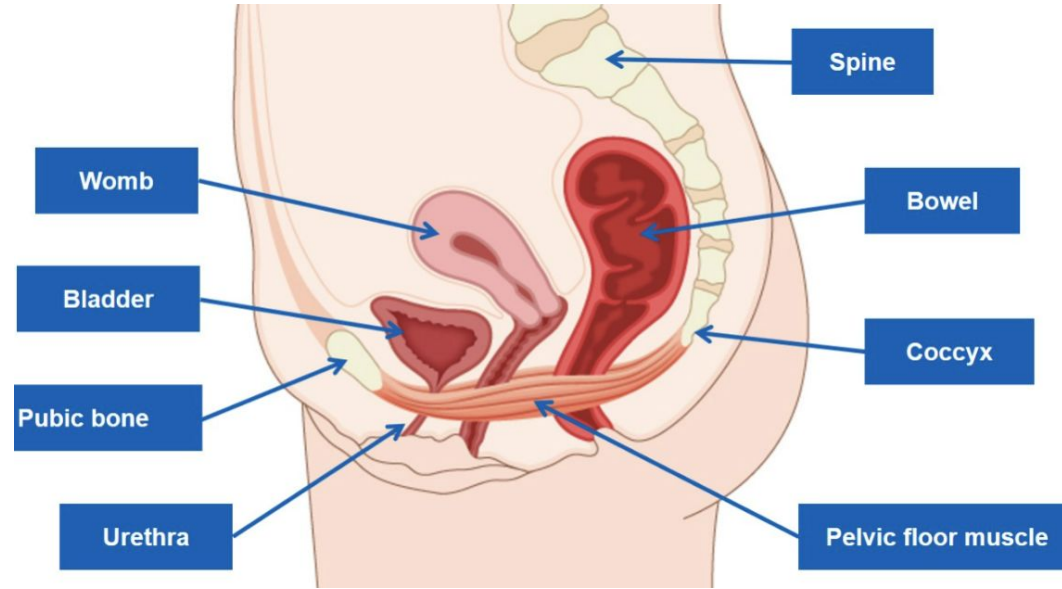
# What is diastasis recti?

- Happens in ALL pregnancies - not preventable
- Abdominal muscles separate to make space for baby
- Be aware of pressure
- Some exercises will need to be adapted
- Look out for doming - cone shape
- Don't be afraid of core training - BREATHE
- Listen to your body



# What is your pelvic floor?

- Visualise a sling from your pubic bone to your tailbone
- Supports your pelvic organs
- It is a muscle so it can get tight/weak and imbalanced
- We need to engage AND relax it



# Adapting exercises for pregnancy

- Listen to your body and make notes
- How can we make exercises safer
- Be aware that you may feel different every day
- Communicate with your trainer

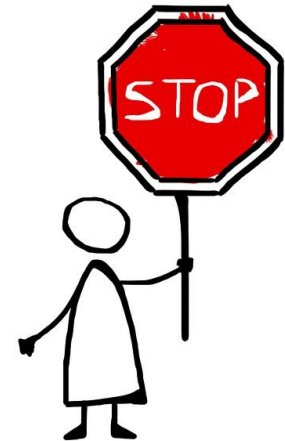
Will cover this more in the practical session...



# Red flags for training during pregnancy

Reach out immediately to your health care provider IF you feel any of the following

- Vaginal bleeding
- Leaking of urine or faeces
- High blood pressure
- Swelling in calves
- Dizziness
- Chest pain / shortness of breath
- Reduced fetal movements





# 360 breathing

- Involve the whole core in your breath
- Practise this lying down first
- Tune in to what you feel in your body when you breath
- Take time over this - you need to relax as much as possible

Watch coaching video for 360 breathing >> [click here](#)



# Benefits of strength training in pregnancy

- Endorphins for you and baby
- Improve posture
- Support your whole body (back, pelvic floor)
- Improve digestion and keep things flowing
- Retain strength for when baby comes
- Injury prevention
- Headspace / me time
- Feel empowered and strong
- Possible shorter recovery time from labour and delivery (not guaranteed)

# First trimester considerations

- Adjust sessions for first trimester symptoms (nausea, fatigue, other?)
- How can we create a foundation so that trimester 2 + 3 are supported?
- Create a flexible approach so that you don't feel like you're failing



# Second trimester considerations

- Assess how things feel from T1 -> T2 (more energy?)
- We don't have to stop lifting
- BUT how does your pelvic floor feel?
- Reinforce 360 pelvic floor breathing and pressure management
- Adjust sessions for weights lifted, intensity and total volume
- How is the rest of your lifestyle (sleep, work, stress, mindset?)



# Third trimester considerations

- Assess energy levels
- Pay attention to ROM - bump might get in the way
- Constantly assess risk and benefits of each movement in the plan
- Adapt for intensity, duration, frequency and load
- Consider side effects of overhead movements (dizziness)



# Pregnancy weekly action plan (example)

This is just ONE example of how you could map out your week for a good balance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
360 breathing	360 breathing	360 breathing	360 breathing	360 breathing	360 breathing	360 breathing
Gentle walking	Gentle walking	Gentle walking	Gentle walking	Gentle walking	Gentle walking	Gentle walking
Yoga / stretch	Gym workout	Yoga / stretch	Gym workout	Yoga / stretch	Gym session	Swim / bike
Easy	Tough	Easy	Tough	Easy	Tough	Easy / Mod

- Do what feels right to you
- You might NEED a rest day / week - that's TOTALLY OK
- Be patient with yourself
- Adapt this as you move through the trimesters

# A transformative experience

- There is nothing quite like pregnancy
- It is always evolving
- We need to have constant conversations about how things are progressing and changing
- Listening to your body is hard and you might not 'feel it'
- Working with a prenatal coach should give you the opportunity to make informed choices and work as a team

# Recommended pregnancy support crew

1. Your midwife
2. Women's health physio or mummy MOT practitioner  
Fatima at The Health Suite  
<https://thehealthsuite.co.uk/treatments/mummy-mot/>
3. Qualified pre/post natal trainer  
Nicola Rossell  
[nicola@fitstrongmum.co.uk](mailto:nicola@fitstrongmum.co.uk)
4. Pregnancy massage  
Saskia Sharpe  
[Book here](#)



# Postnatal training considerations

# Postnatal considerations

- What you do in this phase will determine how you feel for the rest of your life
- What did you do in your prenatal period?
- How was your pregnancy and birth?
- Have awareness of postnatal body changes (*pelvic organ prolapse, breastfeeding, joint laxity etc*)
- Be kind to yourself - emotional resilience - hormone changes
- What is your support system like?
- Work with a qualified professional if you're not confident

# The 6 week GP check

- Most people are told that they are cleared for exercise after 6 weeks
- You may not even have a physical exam (stitches, scar, pelvic floor etc)
- You might not be ready after 6 weeks, 10 weeks, 6 months - you and your circumstances are unique
- We must consider mental health, body image, identity and reclaiming something that you enjoy - BUT doing it at the right time and in a safe way

# What are you actually ready for?

- Build a foundation
- Rehab, rehab, rehab
- It's not sexy but it is essential
- 'I want to feel like myself again'

>>>>> Mummy MOT



THE POSTNATAL CHECK YOU DESERVE

# Other considerations

- Are you sleeping?
- Can you find pockets of rest in your day?
- Exercise is a stress on your body
- Last 10 mins of a training session could be an opportunity for restoration (360 breaths)
- Value rest as much as training
- Are you still bleeding? (adapt intensity)
- Are you eating enough nutrients?
- Is exercise making you feel good? (avoid burnout)

# Summary

- Personalised approach
- Ask for professional help if you're not sure



# Contact

Website [www.fitstrongmum.co.uk](http://www.fitstrongmum.co.uk)

Phone 07983 551550

Email [nicola@fitstrongmum.co.uk](mailto:nicola@fitstrongmum.co.uk)

Resources ->>>



Scan me!



**FIT**  
**STRONG**  
**MUM**