

# healthy expectations - WEEK 12

## Keep Your Body Strong!

Exercise is an important part of pregnancy. It helps to keep your body strong during pregnancy, and the added muscle strength will benefit you when it comes time to give birth. Regular exercise can also help to reduce backaches and insomnia, increase circulation, ward off “baby blues”, and help to control excessive weight gain. Most pregnant women should try to get at least 30 minutes of aerobic exercise on most, if not every, day. Talk to your provider before starting any exercise program, and keep the following tips in mind:

- Avoid contact sports, high-impact and/or weight-bearing exercises that put you at a higher risk for injury, such as jumping, running, skiing, horseback riding and weight machines. Try swimming, cycling or walking instead.
- Never scuba dive, as this may lead to dangerous gas bubbles in the baby's circulatory system
- Avoid excessive stress to your lower back, and although you may not have to avoid exercising on your back until 20 weeks, talk to your provider before attempting back-strengthening exercises.
- Limit the intensity of your workouts. Exercise for shorter periods with frequent rest and remember to increase your water intake.
- Be careful not to get overheated, especially in hot weather
- Hot tub use is not recommended during pregnancy
- It is recommended that you stay below an altitude of 10,000 feet

When you exercise, pay attention to your body and how you feel. Don't overdo it—try to build up your level of fitness gradually. If you have any serious problems, such as vaginal bleeding, dizziness, headaches, chest pain, decreased fetal movement or contractions, stop exercising and contact your health care provider immediately.<sup>1</sup>

## The Truth Behind Pregnancy Weight-Gain...

True or False: I'm pregnant: I can eat whatever I want now. -FALSE

Gaining too much or too little can be harmful to you and your baby. How many pounds you need to add depends on how much you weigh when you become pregnant.

Women who gain too little are at increased risk of having a small baby (less than 5 1/2 pounds). Women who gain too much are at increased risk of having their baby too early or a large baby, and may also have health problems themselves such as diabetes, high blood pressure and varicose veins.

Here are some basic guidelines for the amount of weight you may expect to gain. For more specific weight gain questions, consult your provider.

1 March of Dimes, October 2008

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## Meet Our Obstetricians:

### Crystal Evig, MD

Dr. Crystal Evig completed her residency in Obstetrics and Gynecology at Exempla Saint Joseph Hospital in Denver, CO before joining Dr. Maureen Jordan and Alice Cole, CNM at CSHP's Briargate office. She earned her Bachelor of Science in Biology from Adams State College in Alamosa, CO and her MD from the University of Colorado School of Medicine in Denver. When she's not in the office, Crystal enjoys reading, watching movies, running, biking, and golfing.



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If you began pregnancy at a normal weight, you should expect to gain 25–35 pounds over the nine months. If you gain between 1 and about 4 ½ pounds in the first trimester, you should put on about one pound every week in the second and third trimesters

If you began pregnancy underweight, you should probably gain a little more. Underweight women are more likely to have small babies, so a 28- to 40-pound gain is usually recommended. If you gain between 1 and about 4 ½ pounds in the first trimester, try to gain slightly over a pound a week in the second and third trimesters.

If you began pregnancy overweight, you should only gain 15–25 pounds over the pregnancy term. If you gain between 1 and about 4 ½ pounds in the first trimester, you should put on slightly over ½ pound every week in the second and third trimesters. Even though you don't want to gain too much weight, you should never try to lose weight during your pregnancy, as that could harm your baby.

If you were obese at the start of your pregnancy, you should gain only 11–20 pounds during your pregnancy term. If you gain between 1 and about 4 ½ pounds in the first trimester, aim for gaining slightly under ½ pound every week in the second and third trimesters.

If you're expecting twins and began pregnancy at a normal weight, you should probably gain between 37-54 pounds over the nine months. If you began pregnancy overweight, aim for gaining a total of 31-50 pounds. If you were obese at the start of your pregnancy, you should gain between 25-42 pounds over the nine months. That translates into about 1 ½ pounds a week in the last two trimesters.

Putting on weight slowly and steadily is best. But don't worry if you gain less than four pounds in the first trimester, and make up for it later, or vice versa. Also, many women have one or two "growth spurts" during which they gain several pounds in a short time period, and then level off. Again, this is not worrisome unless it becomes a pattern. The important thing is to keep an eye on your overall gain.<sup>2</sup>

<b>Where does it all go?</b>	
Approximate breakdown of a weight gain of 29 pounds	
Blood	3 pounds
Breasts	2 pounds
Womb	2 pounds
Baby	7.5 pounds
Placenta	1.5 pounds
Amniotic Fluid	2 pounds
Fat, protein & other nutrients	7 pounds
Retained Water	4 pounds

2 March of Dimes

## Resources

Below are a couple of on-line resources that our patients have found to be helpful. Please note that these sites are not intended to take the place of the care of your physician.

[www.cshpwomenshealth.net](http://www.cshpwomenshealth.net)  
[www.babycenter.com](http://www.babycenter.com)  
[www.americanpregnancy.org](http://www.americanpregnancy.org)  
[www.womenshealth.gov](http://www.womenshealth.gov)  
<http://www.acnm.org/>

