



**These exercises are good for pregnant women to do:**

## 1. Kegel Exercises

### Before the 4th month:

- Lie on your back. Put a pillow under your head and neck.
- Let your arms lie next to your sides
- Bend your knees. Put feet about 12 inches apart. Keep your soles flat on the floor.
- Squeeze tight the muscles around your vagina and anus. Hold these muscles tight for about 5–10 seconds. You can find these muscles when you pee (urinate). Stop the flow for a second. Those are the muscles you want to tighten and relax.
- Slowly let your muscles relax
- Do Kegels up to 10-20 times in a row, at least 3 times each day

### After the 4th month:

- Stand or sit to do Kegels
- Do not lie on your back. Your growing uterus can put too much weight on the large blood vessels in your back. You and your baby may not get enough oxygen if you lay on your back.
- Do Kegels up to 10-20 times in a row, at least 3 times each day

## 2. Pelvic Tilt

### Before the 4th month:

- Lie on your back on the floor
- Press the small of your back against the floor while you let out your breath
- Relax your spine while you take in a deep breath
- Repeat this 5 times, twice a day, when possible



### After the 4th month:

- Stand against a wall
- Press your back next to the wall while you let out your breath
- Then relax your spine while you take a deep breath
- Repeat this 5 times, twice a day, when possible
- Do not lie on your back. Your growing uterus can put too much weight on the large blood vessels in your back.

## 3. Angry Cat

### Do this to take the weight of your uterus off your spine.

- Get on your hands and knees. Make your back flat.
- Keep your head and neck straight
- Arch up your back like an angry cat. Pull in your tummy muscles.
- Hold for 3 seconds
- Then relax. Make your back flat again.
- Do this 5 or 6 times each day. You can also do it when you are in labor.