

# Improving the health of our community

# PHYSIOTHERAPY DEPARTMENT



# EAST GRAMPIANS HEALTH SERVICE VALUE STATEMENTS



#### INTEGRITY

We value integrity, honesty and respect in all relationships



#### **EXCELLENCE**

We value excellence as the appropriate standard for all services and practices



#### COMMUNITY

We respect the dignity and rights of our community and acknowledge their beliefs, regardless of their cultural, spiritual or socioeconomic background



#### WORKINGTOGETHER

We value equally all people who make a contribution to EGHS to achieve shared goals



#### FARNING CULTURE

We strive to continually learn and develop through education, training, mentoring and by teaching others

# Community Health Centre

Girdlestone Street, Ararat 3377

## Office Hours:

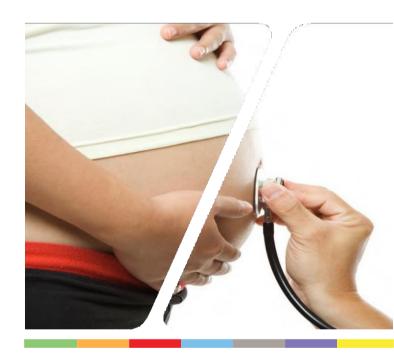
Monday to Friday 8:30am - 5:00pm

Appointments are required for all Physiotherapy Services.

Appointments can be made in person or by calling **03 5352 9327**.

Self-referrals are accepted





## **EXERCISE WHEN PREGNANT**

Congratulations on becoming pregnant. This brochure guides you through exercising while pregnant at a way to look after yourself and your baby whilst you are pregnant.

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#### **Exercise**

Exercise is important in all stages of life, including pregnancy. Pregnancy can be tiring and sometimes you may feel that you cannot continue to exercise like you used to, or you may feel that it is not a good time to start exercising.

However exercise is particularly important during pregnancy to keep yourself, and your baby in the best shape possible.

## In pregnancy, exercise can help you:

- Keep fit and strong in preparation for being a mother
- Control your blood pressure and cholesterol
- Maintain strong bones
- Prepare for labour
- Control pregnancy discomforts
- Relax, as it may help you deal with stress
- Manage your weight
- Reduce chance of pre-eclampsia and gestational diabetes

### What exercise can I do?

Most women can continue to do at least some form of exercise throughout their pregnancy. If you are concerned, please discuss it with your doctor, midwife or contact the physiotherapy department.

# How long?

For most pregnant women, at least 20-30 minutes of exercise is recommended on most, if not all days of the week. You should also do a warm up and cool down.

## How hard?

Exercise at a moderate intensity. This means that you can talk comfortably as you exercise.



## What type of exercise?

It is encouraged that you continue with low impact exercise.

## For example:

- Walking
- Swimming
- Bike riding
- Yoga or pilates (make sure the instructor knows you arepregnant)
- Strength/resistance training

#### Also...

- Drink water when exercising to stay hydrated
- Listen to your body only exercise if you feel up to it. Have a rest day.
- If you have any further questions please contact the physiotherapy department.