

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



WORKING TOGETHER

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



LEARNING 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.

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 are pregnant)
- 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.