

Pilates and PREGNANCY

The Perfect Exercise Pre and Post Natal.

By Amy Cady

The last thing you may want to do is exercise while pregnant. You are nauseous, fatigued, hungry, cranky and all you may want to do is sit on the couch with a bowl of ice cream, watch Grey's Anatomy and cry into a pool of hormonal soup.

Well get up off of that couch because exercise is the first thing you should do. Consider this, exercise helps with the ailments of pregnancy such as nausea, back pain, fatigue, swelling, mood swings, and helps you get back in shape faster post partum. But you may not know where to start to find the right exercise. Pilates may be the solution for you.

Pilates is a safe and gentle way to keep the abdominals, pelvic muscles and back strong during pregnancy. Pilates will also help strengthen and gain control of muscles used in delivery. After pregnancy, Pilates helps the body quickly get back into shape and strengthen the areas affected by pregnancy and delivery (after doctor's approval and 6 to 8 weeks recovery).

So what is Pilates? Pilates is a non-impact, controlled series of exercises developed by Joseph Pilates that strengthens the core from the belly to the back and everything from head to toe. It also helps with flexibility, muscle tone, endurance and balance all of which we need during pregnancy to support the baby while pregnant as well as after delivery to manage the physical demands of babies needs.

Pilates offers a variety of exercises with modified variations and special equipment to cater to the needs of the pre-post woman. Classes can range from mat class to equipment classes so the pregnant woman gets a full range of exercise repertoire to keep her motivated and strong both physically and mentally.

WHY PILATES FOR PREGNANCY

- For pelvic stability
- Muscle tone
- Improve body alignment
- To improve circulation and strength
- Alternate breathing technique for delivery
- To improve mental health
- Control weight gain
- While your body is becoming out of control, Pilates provides control for your body

WHY PILATES POST PARTUM

- Retrain the core
- For pelvic stability
- Muscle tone



- Posture and re-alignment
- To improve circulation and strength
- To improve mental health
- Helps aid in weight loss
- Prepares the body for the next pregnancy!

So with your doctor's approval get started in a Pilates program and make it a priority for you and your baby. Make sure your Pilates instructor is certified in Pre and Post Natal Pilates before you sign up and you should be off the couch and on the road to a healthy pregnancy and post partum recovery.

About Amy Cady

Amy Cady holds a B.S. ed in performance and choreography from the University of Georgia and has an MFA in Dance from UC Irvine with an emphasis in computer technology. She is certified in Pilates from Studio du Corps under the direction of Diane Diefenderfer and pre/post natal Pilates under the direction of Carolyn Anthony of The Center of Women's Fitness. She continuously takes numerous intensive workshops including specialized classes in pre and post natal. For the past 4 years she has studied and worked to develop a series of exercises specifically designed for the pre/post-natal woman. She brings to her teaching a unique background in mind-body fitness and dance, drawing upon much of her own personal experiences as a mother of two. In addition, she has developed the Pilates programs at Irvine Valley College, Saddleback College and the Ladera Ranch Community "LARCS". She has been practicing Pilates for over 9 years and is an active member of The Pilates Method Alliance® (PMA™), the international, not-for-profit, professional association dedicated to the teachings of Joseph H. and Clara Pilates.

Amy has worked on the dance faculty at Orange Coast College, Irvine Valley College and Saddleback College. She has also taught Pilates at Studio du Corps and served on the Board of Directors for Rhapsody in Taps. She currently owns and operates ABC Pilates in Laguna Niguel, CA.

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