



## **Benefits of Aquanatal Exercise**

### **Benefits During Pregnancy:**

- Studies have proven that Aquanatal aerobics regulars were 58 percent less likely to request pain medication during labour than non-exercisers.
- Research has found that regular exercisers are 75 percent less likely to need a forceps delivery, 55 percent less likely to have an episiotomy and up to four times less likely to have a Caesarean section. (*SUZANNE SCHLOSBERG / FIT PREGNANCY AND BABY*).
- Women who did Aquarobics in pregnancy were found to have easier deliveries and quicker post birth recovery. A landmark study found that among well-conditioned women who delivered vaginally, those who had continued training throughout their pregnancy experienced active labour for 4 hours and 24 minutes compared with 6 hours and 22 minutes for those who'd quit training early on. (*SUZANNE SCHLOSBERG / FIT PREGNANCY AND BABY*).
- Participants feel light, even weightless in the water. This will ease the weight of the baby on the body, and ease back aches, pains and swelling.
- Aquatic exercise promotes Core Strength, Stability & Posture, at a time when many women lose this core strength. Working out in water provides resistance to the abdominal and lower back muscles which helps maintain correct posture. Aquatic exercise better prepares the abdominals for how they are used in real life compared to land-based exercise. Water allows a larger variety of isolation exercises for the abdominal muscles because the pregnant body can move in ways not possible on land.
- Pregnant women's intestinal tracts often get backed up due to high progesterone levels and a growing uterus, but exercise can help to prevent constipation.
- Exercise in general can lower a woman's gestational diabetes risk by as much as 27 percent, and if GD is developed, may help prevent or delay your need for insulin or other medications.
- Exercise can help with morning sickness - though nausea stops many women from exercising, many pregnant women report that they feel less queasy in the cool water and after a workout or that the exercise takes their minds off the nausea for a short time.
- Pregnant women have an elevated core temperature, but the water also keeps participants cool while they are working out, which lessens the risk of getting overheated and possibly harming the unborn baby, especially in the first trimester.
- Less strain on your bones and joints during Aquarobics compared to land based exercise. Exercise is very low impact, with the woman's body and baby belly supported by the water. Aquarobics is a safe way to exercise, without risk of falls.

- Aquarobics promotes improved circulation. Varicose and spider veins and haemorrhoids develop as a result of venous pressure, but exercise in the water has been shown to reduce this venous pressure. The combination of water pressure and movement of the muscles helps return blood from the veins in the lower extremities. The hydrostatic force of water also produces an increase of uterine blood flow that is essential to grow a healthy baby and placenta.
- Aquarobics helps you relax and remain calm during pregnancy and promotes a good night's sleep.
- Exercise is mood boosting, energy boosting, and can help with anxiety.
- Helps prevent excessive weight gain, and promotes a healthy body image. A US study showed that twenty years later, fit women who'd exercised throughout pregnancy had gained 7 ½ pounds, compared with 22 pounds for women who had taken a break while pregnant and resumed exercising afterward. The continuous exercisers also had lower cholesterol levels and resting heart rates.
- A recent US study recommended Aquatic Exercise Programs in low risk pregnancies, saying that 'Aquatic exercise during pregnancy may decrease physical discomfort, improve mobility, body image, and health promoting behaviours in non-exercising pregnant women'.
- Last but not least, aquatic exercise is a great way to help you get out of the house and meet other expecting Mums with similar interests and hobbies. And it's FUN!

#### **Postnatal benefits:**

- Helps participants to regain their pre-baby figure and lose weight.
- Relieves aches and pains, and improves circulation.
- Improves physical strength and stamina, and provides energy to help you care for your new baby.
- Exercise is important to lift mood and help combat general tiredness and postnatal depression.
- Provides much needed social interaction and time out for new Mums.

#### **About our classes and instructor/s:**

- Our Aquanatal classes are led by experienced exercise professionals with all of the relevant Australian Fitness Industry qualifications, CPR and First Aid training - all of whom are also Mums!
- We recommend Aqua Fit and/or Aqua Gentle for prenatal women, and Aqua Fit, Aqua Gentle and Aqua Deep for Post Natal women.
- Participants are monitored throughout classes in terms of heart rate and temperature checks, and are encouraged to stay well hydrated.
- All exercises are low impact, and tailored and modified for pregnancy, in terms of both intensity and execution.
- Firm friendships are often formed within classes and extend into the postnatal period and beyond. You are welcome to bring a support person, mother, sister, partner, friend to class with you, as all levels are catered for.

For more information, please contact

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