

RUNNING FOR PREGNANT WOMEN AND NEW MUMS

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Latest guidance says most women can exercise while pregnant. New and old mums have been running into the headlines at full tilt recently.

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Pregnant woman running Some expectant mothers see pregnancy as an opportunity to eat whatever they want because they are now eating.

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It is essential to strengthen the muscles that were stretched and weakened during pregnancy and delivery. Is it a boy or a girl? Most modern prams are robust enough for our hilly local park. Jenny Jones, 38, a speech therapist from Derbyshire, was horrified by her experience of a fitness class aimed at new mums after the birth of her second son. Blitz your baby weight by walking! Now women should do anything high-intensity for at least six months after giving birth. It often forces you to try something new— to swim when you used to run, to try Wii Fit Ski instead of snowboarding, to give Pilates a whirl. The maximum heart rate for her age minus 30 is beats per minute.