

## Training Tip #10 Pregnancy

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Walking is a great exercise for you to continue with during pregnancy. Studies have shown that continuing to exercise during all three trimesters of pregnancy can improve your sense of well-being, decrease your risk of postpartum obesity, and decrease your recovery time after delivery. Some studies have shown shorter labor times, lower caesarean rates and children with higher neuro-developmental scores at 1 and 5 years of age in mothers who exercised during their pregnancy.

Having said all of this, remember that you should check with your obstetrician prior to participating in the Susan G. Komen 3-Day® during your pregnancy. Most normal, uncomplicated pregnancies will have no contraindication to walking. If you have never exercised, or are not a walker, now is not the time to train for a long walk.

There are several changes that occur to your body during pregnancy and a few tips to remember. Pregnancy increases your metabolic rate and you will burn an extra 300 kcal/day. This means that you will fatigue more quickly than you did previously. It is also easier for your body to overheat. Be sure to walk early in the morning or late afternoon. If you are feeling hot, stop and rest in a cool place. Heat exhaustion and dehydration can stimulate premature labor. Listen to your body and don't push yourself to the point of fatigue.

In addition, as you progress through your pregnancy there is an increase in the hormone relaxin. This hormone increases your flexibility to help your pelvis during labor. However, you can also overextend your joints while stretching or overstriding. Be sure to shorten your stride during walking and be careful not to overstretch.

Discuss your walking plan with your obstetrician. Have realistic goals for your participation in the Komen 3-Day. A successful event does not have to mean walking all 20, 40 or 60 miles.