

Powerful Mamas®

Natural Birth Course

****Focus Guide Series****

Lesson 5: Exercises for a Healthy Pregnancy & Birth

Identify 2 main indicators that a woman may have a weak pelvic floor in need of strengthening.

- A. Urinary incontinence/leaking.
- B. A general feeling of instability in her pelvic region.
- C. All of the above.

The pelvic tilt and wall squat are a few of the proper exercise techniques discussed in this lesson. Name and describe a third:

Identify 2 main indicators that a woman may need to work on relaxing her pelvic floor instead of strengthening it.

- A. Prior to pregnancy the woman has experienced frequent painful sexual intercourse, as well as possibly feeling an urgency to urinate even when there is very little urine in her bladder.
- B. No one needs to relax their pelvic floor. EVERYONE should do kegels!

Explain how exercise can improve a woman's mental and physical state during pregnancy.

How can exercise help pregnant mamas stay low-risk and increase their chances for a natural birth with less interventions?

Recall one potential risk factor of perineal massage.

- A. Infection from improper hygiene and/or pushing bacteria further into the vagina.
- B. There are no risk factors.