

Name _____ Date _____ Period _____

Unit 2
Pregnancy and Childbirth

Developing Community Involvement

Meeting Fitness Needs

In addition to making sure her nutritional needs are met, a woman who is planning to become pregnant, one who is pregnant, or one who has been pregnant recently must meet specific fitness needs. Talk with a certified fitness instructor about the exercises he or she recommends for women in one of the three stages listed above. Demonstrate the exercises for the class or take photos of the instructor demonstrating the exercises to share with the class.

Stage _____

Certified Fitness Instructor _____

Recommended Aerobic Exercises

Recommended Strength Exercises

Recommended Stretches

Name _____

Unit 2

Other Recommended Exercises

1. Ask the fitness instructor how the exercises differ for women who are planning to become pregnant, those who are pregnant, and those who have recently had a baby.

2. Discuss with the instructor the physical benefits of exercise for women who are planning to become pregnant, who are pregnant, and who have recently had a baby.

3. Ask the fitness instructor if there are benefits in addition to the physical benefits listed above.
