

# Time to Exercise: Bridging

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*Hey there mum-to-be, it's time to exercise! Let's do some bridging exercises.*



Exercising during pregnancy comes with many benefits, including promoting muscle strength and endurance to meet the physical demands of pregnancy. It can also help control your blood glucose levels and blood pressure. Please consult your doctor before starting any exercise programmes. Ensure you avoid hot conditions, keep hydrated, and wear comfortable attire while exercising.

If you haven't been exercising regularly before pregnancy, start with an easy 15 minutes of activity a day. Then gradually increase that to 30 minutes a day, five to seven days a week.

Bridging exercises help to strengthen your back and buttock muscles. These muscles help support your posture and the demands of the increasing weight due to pregnancy.

Here are the steps for the bridging pose exercise:

You would have to lie down on a mat for this pose, keep your knees bent and your shins perpendicular to the floor like in the picture.

Brace your core as you lift your buttocks off the mat, keeping your body straight if you could. Hold this pose for 5 seconds, and avoid holding your breath. Slowly lower yourself back on the mat. Repeat the above steps 10 times.

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**Sources:**

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