

Time to Exercise: Hand Squeeze

Hey there mum-to-be, it's time to do some hand squeezes to relieve any swelling in the arms.



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.

Hand squeezes are convenient to do anywhere, and can help relieve swelling in the arms. Here are the steps for the hand squeeze exercise:

You'll begin by raising your arms straight out and at a level above your heart. Open and close your palms — you can choose to squeeze a stress ball in each palm as a variation to this exercise. Repeat this 10 times for both hands.

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Sources:

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