

# Time to Exercise: Pelvic Rocking

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



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.

Pelvic rocking helps to relieve stiffness of the lower back. Its rhythmic movement can also help to alleviate back pain.

Here are the steps for the pelvic rocking exercise:

Begin by standing with your feet shoulder-width apart, and rock your pelvis to your left and to your right. Repeat this 10 times.

Make sure that as you rock your pelvis, your upper body is upright and not swaying.

Women's and Children's Hospital

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**Sources:**

The New Art and Science of Pregnancy and Childbirth 2008, World Scientific  
Healthy Start for your Pregnancy 2012, Health Promotion Board Singapore