

Time to Exercise: Walk on the Spot

Hey mum-to-be, it's time for some exercise. Here's an easy one you can do anywhere no matter what trimester you're in: walking on the spot.



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.

Walking on the spot is a simple exercise that can be incorporated into your exercise regime. When done over a period of time, it can improve your cardiovascular fitness and increase the strength and endurance of your leg muscles.

Here are the steps for walking on the spot:

Lift one knee up until your calf and thigh forms a right angle. Lower that leg and repeat with the other leg. Do 10 repetitions of the above steps. If you're unable to raise your leg as high, just raise it to a level you're comfortable with.

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