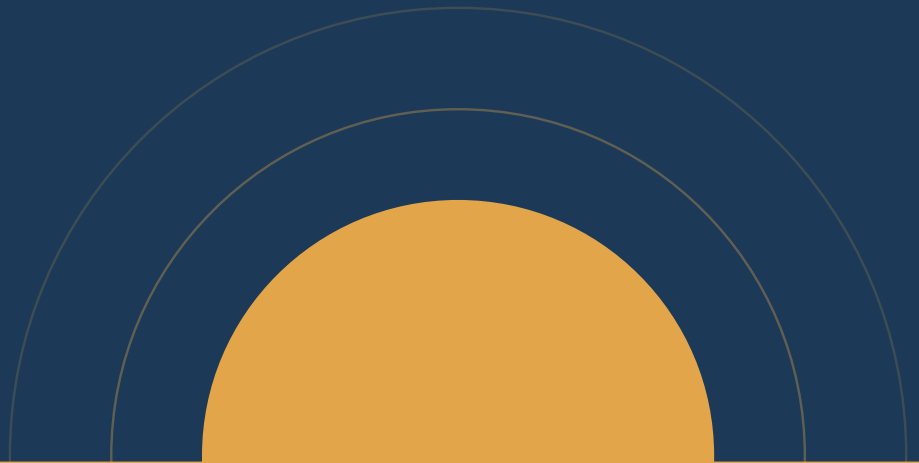


*Mamavela*

# Move Through Pregnancy

A trimester-by-trimester movement programme built on ACOG and WHO guidance, with the signs to stop.



## Free sample

For the personal use of the buyer and their family; sharing or reselling is not allowed. This book informs and does not replace medical advice. Questions: [administration@lacangel.fr](mailto:administration@lacangel.fr)



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# Welcome

You are growing a person, and your body is doing remarkable work every single day. Somewhere between the first positive test and the moment you hold your baby, you will probably wonder whether it is safe to keep running, whether yoga is a good idea, why your back aches by four in the afternoon, and whether lying on your back for a stretch is allowed. You may have read ten different answers on ten different forums.

This book gives you one calm, reliable answer for each of those questions, built only on what the official bodies actually say: the American College of Obstetricians and Gynecologists (ACOG), the World Health Organization (WHO), the UK Chief Medical Officers, the NHS, NICE, the US Department of Health and Human Services, and the joint Canadian guideline from the Society of Obstetricians and Gynaecologists of Canada (SOGC) and the Canadian Society for Exercise Physiology (CSEP). Where a peer-reviewed study adds something useful, you will find it named, with its DOI, in the bibliography at the end.

This book is for you whoever you are and however this pregnancy began: a first baby or a fourth, a pregnancy after IVF or after a loss, with a partner, a support person or on your own. And it comes with one promise: no guilt. If you love to move, you will find a plan. If you are exhausted, nauseous or simply not in the mood, you will find permission to do less, and reassurance that a short walk still counts. Whatever your birth turns out to be, vaginal or caesarean, planned or not, it will be the right birth for you and your baby.

Then it turns that guidance into something you can actually do: a library of exercises described step by step in plain words, weekly programs for each trimester, a back-care and sleep chapter, and a 12-week tracker with boxes to tick.

## Before anything else.

This book informs and organizes; it does not replace your midwife, obstetrician, family doctor or physiotherapist. Every guideline quoted here starts from the same point: a pregnancy without complications, and a conversation with the professional who follows your pregnancy. Show them this book, tell them what you plan to do, and adapt everything to what they tell you.

## How to use this book

- **Read Chapters 1 to 5 first.** They explain what the guidelines say, who should not exercise or should adapt, the warning signs that mean "stop and call", and how to judge how hard you are working.
- **Then go to the program for your trimester** (Chapters 9, 10 or 11). Each one gives two tracks: one if you were not regularly active before pregnancy, one if you were.
- **Use the exercise library (Chapter 8)** as your step-by-step reference.

- **Print or fill in the tracker (Chapter 16)** and the checklists (Chapter 17). Ticking a box is a small pleasure; twelve weeks of ticked boxes is a habit.

A note on words: "provider" means whoever follows your pregnancy, whether an ob-gyn, family physician or nurse-midwife in the US, or a midwife or GP in the UK.

# Chapter 1 – Why moving matters while you are pregnant

## The short version

For a pregnancy without complications, the major health bodies agree on three things:

1. **Being active is safe.** ACOG states that "in the absence of obstetric or medical complications or contraindications, physical activity in pregnancy is safe and desirable". The NHS puts it simply: "Exercise is safe for you and your baby in pregnancy." The UK Chief Medical Officers' infographic adds: "There is no evidence of harm."
2. **Being active is good for you and your baby.** The benefits are documented, not hoped for (see the table below).
3. **The old fears have not been confirmed.** ACOG notes that concerns that regular physical activity during pregnancy may cause miscarriage, poor fetal growth, musculoskeletal injury or premature delivery "have not been substantiated for women with uncomplicated pregnancies". ACOG's patient page says it plainly: physical activity "does not increase your risk of miscarriage, low birth weight, or early delivery".

## What the research and guidelines list as benefits

| Benefit                                                    | Who says so                                                                                                                                |
|------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| Lower risk of gestational diabetes                         | ACOG Committee Opinion 804; WHO 2020 guidelines; UK CMO infographic ("helps to prevent diabetes of pregnancy")                             |
| Lower risk of pre-eclampsia and gestational hypertension   | WHO 2020 guidelines; ACOG patient FAQ ("may decrease your risk of ... preeclampsia"); UK CMO ("helps reduce high blood pressure problems") |
| Less excessive weight gain in pregnancy                    | ACOG CO 804 (Box 2); WHO 2020; UK CMO ("helps to control weight gain")                                                                     |
| Lower risk of cesarean birth, higher rate of vaginal birth | ACOG CO 804 (Box 2)                                                                                                                        |
| Fewer delivery complications                               | WHO 2020 guidelines                                                                                                                        |
| Lower risk of postpartum depression                        | WHO 2020 guidelines; ACOG CO 804 ("an essential factor in the prevention of depressive disorders of women in the postpartum period")       |
| Better sleep and mood                                      | UK CMO infographic; NHS                                                                                                                    |
| Less back pain, easier constipation                        | ACOG patient FAQ "Exercise During Pregnancy"                                                                                               |
| Better fitness, heart and blood vessels                    | ACOG patient FAQ; UK CMO infographic                                                                                                       |

| Benefit                                                                    | Who says so                         |
|----------------------------------------------------------------------------|-------------------------------------|
| Shorter postpartum recovery time                                           | ACOG CO 804 (observational studies) |
| No increase in stillbirth, newborn complications or effect on birth weight | WHO 2020 guidelines                 |

The Canadian SOGC/CSEP guideline sums up its evidence in strong words: following the guideline "can reduce the risk of pregnancy-related illnesses such as depression, by at least 25%, and of developing gestational diabetes, high blood pressure and preeclampsia by 40%".

#### A gentle word about these numbers.

They describe groups of women in studies, not a promise for one pregnancy. Moving well improves your odds; it does not make you responsible for every outcome. Many active women still develop gestational diabetes or pre-eclampsia, and that is never a personal failure.

#### Is it normal not to feel like exercising?

Yes. Tiredness and nausea are part of many pregnancies, and some women are advised to rest. Not exercising is not failing, and it does not make you a bad mother. The NHS puts it kindly: "If you cannot do 150 minutes each week, do what you can. Any activity is better than none." On the hardest days, the side-lying breathing in Chapter 8 counts as looking after yourself.

## Every minute counts

ACOG distinguishes **physical activity** (any movement: carrying shopping, stairs, gardening) from **exercise** (planned, structured sessions). Both count. The UK Chief Medical Officers say it in five words: "Every activity counts, every minute counts."

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# End of the sample

Thank you for reading this far. We hope these first pages already feel useful, and that you can see how the rest of the book is built: clear steps, pages to fill in, sources you can check.

**The full book has 62 pages.**

Get it here: <https://mamavela.com/shop/move-through-pregnancy/>

One-time payment, instant PDF.