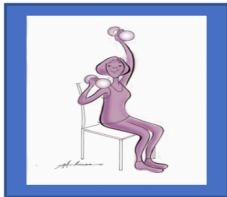


Maternal (Mama) Fitness Bundle

Population-Specific Bundle

'As a maternal fetal medicine expert, I believe the MyFitScript exercise and pregnancy series is pivotal to educating moms about the myriad of benefits that come from participating in exercise. I know the information shared in this series has the potential to improve the health and well-being of all mothers.' **Rolanda Lister, MD**

Exercise & Hypertension



Exercise & Diabetes



Exercise & Weight



Exercise & Depression



Exercise & Mama Overview



5 Educational presentations ideal for provider & patient learning!

5 Mama Fitness Exercise Programs (ExRx) (for prevention and management of condition)

General Fitness Diabetes Hypertension Weight/obesity Depression

MYFITSCRIPT MAMA - Diabetes

Exercise before, during, and after pregnancy has been shown to benefit women and have minimal risks. For those with diabetes exercise aids the insulin and can help control blood sugar levels. Maintaining a healthy weight and physical activity may reduce the risk of developing gestational diabetes. Exercise and reduced weight prior to pregnancy can also reduce the risk of pre-eclampsia. Follow the recommendations in your exercise program and start slow and progress to F.I.T.E. levels.

F.I.T.E. Frequency, Intensity, Time (duration), and Type:

WARM UP
 10 mins
 Gradually increase heart rate
 RPE 7-10

MUSCULAR STRENGTH
 F, 2-3 days per week
 I, RPE 11-12
 T, 1-2 sets of 10-15 reps
 E, Weight machines, free weights, bands, water

COOL DOWN
 10 minutes
 Gradual decrease heart rate
 RPE 7-10

These exercise recommendations are in the absence of obstetric or medical complications. Women should consult with their healthcare provider regarding exercise and individual modifications.

CHOOSING AN EXERCISE INTENSITY RANGE

The Borg Rate of Perceived Exertion Scale (RPE) allows you to subjectively rate how hard the exercise bout is, also known as intensity. Light to moderate intensity at an RPE of 11-13 for safe and sustainable activity during pregnancy is recommended. If you can walk and talk without gasping for air, this is considered a moderate level of intensity. Modifications may be made based on fitness level, discomfort, precautions and physician recommendations.

www.myfitscript.com

The information on this booklet is not meant to be used as a diagnosis for health related problems or a substitute for professional care. Consult your physician before beginning an exercise program.
 Borg RPE - Oakland-Gunnar Borg, 1970, 1985, 1986, 1988

The scale with correct instructions can be obtained from Borg-Perceptions at the home page: www.borg-perceptions.com

Exercise, Pregnancy, and Diabetes

- Recommend no more than 2 consecutive days without aerobic exercise to help prevent a period of decline in insulin action.
- If taking insulin or on medication that increases insulin sensitivity, recommend monitoring blood sugar levels before, during, and after exercise.
- Appropriate progression of resistance training is vital to help prevent risk of endometriopathy in Type 2 diabetes.
- Avoid exercise close to bedtime due to drop in blood sugar levels (hypoglycemia).
- Dehydration may contribute to elevations in blood sugar levels (hyperglycemia).
- Wear comfortable well-fitting shoes and check your feet daily.
- When blood sugar levels are 250 mg/dl, or more, check for urine ketones.
- If ketones present, may postpone exercise based on symptoms. If blood sugar is 300 mg/dl or more, with or without ketones, correct insulin level before exercise.

BENEFIT

- Regular exercise spread throughout the week is habit forming!
- Exercise a key management tool to help prevent health complications.
- Burn calories and help maintain healthy weight.
- Reduce the risk of developing gestational diabetes.
- Help manage symptoms of depression and enhance well being.

BORG 6-20 Rate of Perceived Exertion Scale (RPE)		
No Exertion	6	Little to no movement, very relaxed
Extremely Light	7	Able to maintain pace
Very Light	8	
Light	9	Comfortable and breathing harder
	10	
Light to Moderate	11	Minimal sweating, can talk easily
	12	
Light to Moderate	13	
Light to Moderate	14	Increased sweating, still able to hold conversation but with some difficulty
Light to Moderate	15	Sweating, able to push on still maintain proper form
Hard	16	
Hard	17	Can keep a fast pace for a short time period
Very Hard	18	
Very Hard	19	Difficulty breathing, near muscle exhaustion
Extremely Hard	20	

LEG EXTENSION 7

While seated in a chair, slowly lift up the right knee about 3 inches, then extend the right leg. Do not lock the knee. Slowly bend the leg and return the foot to the floor. Repeat the exercise on the right leg before switching legs.

TOE RAISE 10

Stand behind a chair, holding on to the top of the chair. Maintaining good posture, slowly raise both heels off the floor. Slowly lower the heels to the floor. Repeat.

KNEE RAISE 8

Stand sideways behind a chair, holding on to top of the chair with one hand. Maintaining good posture, slowly raise the right knee until the thigh is parallel to the floor. Slowly lower the leg until the foot is on the floor. Repeat lifting the right leg before switching legs.

LEG CURL 9

Stand behind a chair, holding on to the top of the chair. Maintain good posture. Slowly raise the right heel toward the buttocks until the shin is parallel to the floor. Slowly lower the leg until the foot is on the floor. Repeat lifting the right leg before switching legs.

WALKER ROOM ON/OFF 11

Stand facing a wall or edge of pool arms length away. Feet should be stable on floor to allow forward motion to the wall. Place palms of hands flat on wall at shoulder height. Slowly bend your elbows while lowering your body to the wall and return. Breathe OUT when pushing.

BALANCE EXERCISE 12

Practice this near a wall or table to check your balance. Begin with feet together. Place the heel of one foot in front of and touching the toes of the back foot and stand heel-to-toe. Look forward and head up. Walk heel-to-toe in a straight line starting with a few steps and build up to more.

Check your feet daily. Wear comfortable and well-fitting shoes.

***Ankle weights are optional for leg exercises. Start with 2 lbs and gradually increase the weight as you become stronger.**

MAMA DIABETES

Condition-specific exercise prescription with components for duration, intensity, frequency, and type of exercise; goals; considerations; benefits & intensity-scale.

Individual exercises with instructions and condition-specific exercise tips. MyFitScript's signature caricatures are colorful and easy to follow!