

6

PREGNANCY STRETCHES FOR THE WHOLE BODY

1. PELVIC FIGURE 8's

Stand with feet hip-width apart. Moving in a slow and controlled manner, trace an "8" shape with your pelvis. Do 4 in each direction.

2. QUAD STRETCH

Stand next to a chair or counter for support. Grab your left foot with your left hand and pull it toward your buttocks. Hold for 30 seconds, then repeat on the other side.

3. WRIST STRETCH

Stand facing a table. Place the backs of your hands on the table with your fingers pointing back towards you. Hold for 30 seconds. Next turn your hands over to place your palms on the table with your fingers pointed back towards you. Hold for 30 seconds.

4. CALF STRETCH

Stand facing the wall. Place your right toes on the wall and press both hands into the wall for support. Keeping your right heel on the floor, lean towards the wall, feeling a stretch in the calf. Hold for 30 seconds and repeat on the other side.

5. DOORWAY STRETCH

Stand just in front of an open doorway and place one hand on each wall at shoulder height. Slowly lean your chest forward into the doorway, keeping your upper body tall. Hold for 60 seconds.

6. PIRIFORMIS STRETCH

Sit in a chair and cross your right foot over your left knee. Maintain a flat back and lean gently forward until you feel a stretch in the right hip and buttock. Hold for 30 seconds and repeat on the other side.

