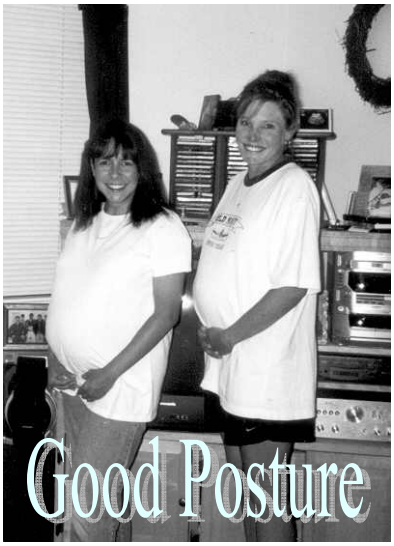
Posture and Pregnancy

Posture

During pregnancy, daily movements may become more difficult. It is important to keep good posture. Poor posture and body mechanics can undo all the good done when you exercise. Wear low heeled or flat shoes while pregnant. High heels contribute to back strain.



Sitting Comfortably

For more comfort, use a chair with a high, straight back. Use a footrest and small pillow in the lower part of your back. If you have problems with SWOLLEN FEET, sit with your legs raised to hip level.

Getting Out of Bed

Roll over on your side, and slowly use your arms to support yourself to a sitting position

Lying Down

Use pillows for padding to increase comfort. A pillow under you head and a pillow between your knees is suggested. A pillow supporting your back and one under your pregnant belly may add additional comfort. Lying down on your left side helps blood circulate to you and your unborn baby.

Prolonged Standing

It is not good to stand in the same place for a long time. If prolonged standing is necessary, prop one of your feet on a 6-8 inch stool. Keep shifting your weight from one foot to the other. Walk around so that circulation increases to your feet. During rest periods, raise your legs above the level of your hips.