

# Physical and Emotional Fitness

## Goal

To increase awareness about the importance of physical activity and about stress management during pregnancy.

## Objectives

By the end of the module, participants will be able to describe:

- Normal pregnancy adjustments.
- Stressors that are unique to pregnancy.
- Effective coping strategies to manage stress.
- Signs of prenatal mood disorders (i.e., depression, anxiety).
- What to do if you have signs of prenatal mood disorders.
- Benefits of active living during pregnancy.
- Guidelines and tips for exercising safely.
- Where to find more information.

## Physical and Emotional Fitness Outline (50 minutes)

- 1) Introductions and housekeeping
- 2) Scenario: Ling
- 3) Stress, anxiety, depression and pregnancy
- 4) Coping strategies
- 5) Activity break
- 6) Benefits of active living
- 7) Guidelines for exercising safely
- 8) Relaxation exercise

## Special Equipment

- CD player and relaxation music.
- Equipment to play a video (laptop, speakers).

## Video

- Middlesex-London Health Unit (2009). *Prenatal Fitness – The Expert*, featuring Dr. Michelle Mottola. Available from <https://youtu.be/SsEKcpnviVg>, and also on MLHU website <https://www.healthunit.com/physical-activity-pregnancy>

## Handouts

- Best Start Resource Centre & SOGC, *Healthy beginnings* (5<sup>th</sup> ed.) or Best Start Resource Centre, *A healthy start for baby and me*\*
- Best Start Resource Centre (2016). *Prenatal Education: Key Messages for Ontario*,
  - Active Living - [www.ontarioprenataleducation.ca/active-living](http://www.ontarioprenataleducation.ca/active-living)
  - Mental Health - [www.ontarioprenataleducation.ca/mental-health](http://www.ontarioprenataleducation.ca/mental-health)

\*If it has not already been distributed to participants.

## Physical and Emotional Fitness

- Best Start Resource Centre. (2013). *Pregnancy is not always what you expect*. [www.beststart.org/resources/ppmd/TakeCareMentalHealth\\_EN\\_rev.pdf](http://www.beststart.org/resources/ppmd/TakeCareMentalHealth_EN_rev.pdf)
- Canadian Mental Health Association & Heart and Stroke Foundation. (2009). *Coping with stress* <https://www.heartandstroke.ca/-/media/pdf-files/canada/other/coping-with-stress-en.ashx>

### References

- Best Start Resource Centre. (2016). *Abuse in Pregnancy – Information and Strategies for the Prenatal Educator*. [www.beststart.org/resources/anti-violence/pdf/bs\\_abuse\\_lr\\_f.pdf](http://www.beststart.org/resources/anti-violence/pdf/bs_abuse_lr_f.pdf)
- Best Start Resource Centre. (2009). *Giving birth in a new land - Strategies for service providers working with newcomers*. Retrieved from <https://www.beststart.org/cgi-bin/commerce.cgi?search=action&category=E00E&advanced=yes&sortkey=sku&sortorder=descending>
- Best Start Resource Centre. (2013). *Creating circles of support for pregnant women and new parents*. Retrieved from [www.beststart.org/resources/ppmd/circles\\_of\\_support\\_manual\\_2013.pdf](http://www.beststart.org/resources/ppmd/circles_of_support_manual_2013.pdf)
- Best Start Resource Centre. (2013). *Perinatal mood disorders – An interdisciplinary training video*. Retrieved from [www.beststart.org/cgi-bin/commerce.cgi?preadd=action&key=M08-E](http://www.beststart.org/cgi-bin/commerce.cgi?preadd=action&key=M08-E)
- Best Start Resource Centre. (2013). *Pregnancy is not always what you expect*. Retrieved from [www.beststart.org/cgi-bin/commerce.cgi?preadd=action&key=M10-E](http://www.beststart.org/cgi-bin/commerce.cgi?preadd=action&key=M10-E)
- Best Start Resource Centre/Nutrition Resource Centre. (2017). *Healthy eating for a healthy baby*. Retrieved from <https://opha.on.ca/getmedia/bd4f832f-04b6-4489-bd3e-7a51e82251d9/Healthy-Eating-for-a-Healthy-Baby-SAMPLE.pdf.aspx>
- Canadian Exercise Society for Exercise Physiology (CSEP). (2015). *PARmed-X for pregnancy*. Retrieved from [www.csep.ca/cmfiles/publications/parq/parmed-xpreg.pdf](http://www.csep.ca/cmfiles/publications/parq/parmed-xpreg.pdf)
- Canadian Mental Health Association & Heart and Stroke Foundation. (2009). *Coping with stress*. Retrieved from [www.heartandstroke.ca/-/media/pdf-files/canada/other/coping-with-stress-en.ashx](http://www.heartandstroke.ca/-/media/pdf-files/canada/other/coping-with-stress-en.ashx)
- International Childbirth Education Association (ICEA). (n.d.). [www.icea.org](http://www.icea.org)
- Joint Society of Obstetricians and Gynaecologists of Canada (SOGC) & Canadian Society for Exercise Physiology (CSEP). (2019). *2019 Canadian Guideline for Physical Activity throughout Pregnancy* Retrieved from [http://www.csepguidelines.ca/wp-content/uploads/2018/10/4208\\_CSEP\\_Pregnancy\\_Guidelines\\_En\\_P2A.pdf](http://www.csepguidelines.ca/wp-content/uploads/2018/10/4208_CSEP_Pregnancy_Guidelines_En_P2A.pdf)
- Lanes, A., Kuk J.L., Tamin H. (2011). Prevalence and characteristics of postpartum symptomatology among Canadian women: A cross-sectional study. *BMC Public Health*. 11-302. Retrieved from [www.biomedcentral.com/content/pdf/1471-2458-11-302.pdf](http://www.biomedcentral.com/content/pdf/1471-2458-11-302.pdf)
- Middlesex-London Health Unit. (2015). *Move for two: Physical activity and pregnancy DVD*. Retrieved from [www.healthunit.com/physical-activity-pregnancy](http://www.healthunit.com/physical-activity-pregnancy)
- NCAST (2013). *Promoting Maternal Mental Health during Pregnancy*.
- Nursing Child Assessment Satellite Training (NCAST). (2013). *Promoting maternal mental health during pregnancy*. Retrieved from [www.ncast.org/index.cfm?fuseaction=product.display&product\\_ID=53](http://www.ncast.org/index.cfm?fuseaction=product.display&product_ID=53)
- Simkin, P. et al. (2010). *Pregnancy, childbirth and the newborn: The complete guide* (4<sup>th</sup> ed.). Retrieved from [www.pennysimkin.com/shop/pregnancy-childbirth-and-the-newborn-the-complete-guide](http://www.pennysimkin.com/shop/pregnancy-childbirth-and-the-newborn-the-complete-guide)
- Victorian Order of Nurse (VON). (n.d.). *Prenatal health education guidebook: Fitness and pregnancy*, (pp. 151-166). Internal document.
- Wellington Dufferin Guelph Health Unit. (2003). *Reproductive health manual: Class #1*. Internal document.

# Physical and Emotional Fitness

## Guided Imagery Exercise The Sea

- Make yourself as comfortable as possible. Close your eyes and become aware of which parts of your body are feeling tense and which parts are relaxed.
- Now take a few breaths and hold....then slowly exhale through your nose. As you inhale and exhale you will find yourself relaxing more and more.
- In a few moments, I am going to describe a very vivid scene in which you will picture yourself walking along a beach. I want you to imagine this scene as though you are experiencing not only the sights, but the sounds, smells, tastes, and touches.
- It is a bright summer day; it's later in the day. You go for a walk along the beach. The sun is warm and comforting. The sky is crystal clear without a cloud in sight. The sand beneath your feet shines from the sunlight and warms your feet. The sound of waves beating against the shore; echoes in the air.
- A light breeze brushes against your face as you walk. Far off in the distance you can hear the cries of seagulls. They glide through the sky and swoop down into the sea.
- You decide to rest. You sit down on a mound of pure white sand and gaze out at the sea. You stare intently at the rhythmic motion of the waves rolling into shore.
- With each motion of the wave, as it glides in and out, you feel more relaxed and calm.
- The sun is beginning to sink into the horizon. The sun is sinking and you are calm.
- The sky is turning brilliant colours of red, orange, yellow, green, blue and purple. As you watch the sun disappears beneath the horizon it is soothing.
- The beating of the waves, the smell and taste of the sea, the salt, the cries of the gulls, the warmth against your body. All these sights, sounds, and smells leave you feeling serene and relaxed.
- Relax....Relax...Relax...
- Pause
- In a few moments, I will count from one to three. When I reach the count of three, your eyes will open and you will feel completely refreshed and totally relaxed.
- 1...2...3...
- Repeat the above instruction until everyone is alert.