

## #2 PRACTICE PERFECT POSTURE

### Stand tall and stretch!

Here I am 12 weeks pregnant. On the left, it looks like I'm "sucking in" but I'm really just standing tall! When you practice perfect posture you can consciously align your body to its optimal position.

Slouching, like the picture on the right, or sticking your hip out to one side causes your whole spinal column to collapse, leading to a more pronounced arch in your low back (which can leave you stiff and sore) and a slack midline (your core).

You can see this travels all the way up the neck, with a pronounced shoulder slump and forward head lean. Too much time sitting at the computer doesn't help, either! Active posture is naturally flattering and builds a strong body :)



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## Stand tall and stretch!

- Stand in front of a long mirror and imagine a string pulling straight up from the top of your head. Then let it relax. Can you see and feel the difference in your body?
- The exaggerated low back arch (and accompanying back and hip pain) comes from relaxing your core, so tighten it up! Keep your chin up and flex often, like someone is about to punch you in the stomach, and you'll feel strong, too :)
- Pregnancy is HARD on the body, especially with so much extra forward weight. You can help balance it out by focusing on your core, upper back, and glutes in your workouts.
- Postpartum bodies need special care for the core and pelvic floor, so avoid any typical "ab exercises" or dynamic movements until you've been cleared by a pelvic floor physiotherapist or postnatal fitness professional. By assessing for diastasis rectii (ab separation) and pelvic organ prolapse, you can avoid causing further damage to the core or potential bladder/bowel issues down the road.
- Nursing mamas often get neck, shoulder, and back pain from leaning forward to support baby. Try to find the most upright angle, even leaning back if possible, and use a pillow to prop baby up high. In between feeds, use a supportive bra and focus on bringing the shoulders back and down (like squeezing a pencil between your shoulder blades).
- Perform chest-opening stretches and neck stretches throughout





# You Got This!

I am with you Mama, to hear your struggles and share your success!

I'd love to chat about how you're doing, what you're looking forward to or struggling with, anything and everything #momlife.

Send me a message anytime, and I also have workout plans available for pre & postnatal women just like you!

Can't wait to hear from you!

LET'S CONNECT!

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