



gillie's **first time**
parent

DECEMBER 2016

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Bar Method- 6 ways to a healthier pregnancy

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So you're expecting a bundle of joy -- congratulations! Just because you have an extra passenger on board doesn't mean that you have to forfeit your Bar Method addiction. In fact, keeping up with regular classes will help you enjoy a happier and healthier pregnancy. Here are some tried and true reasons why, according to National Coach, Instructor and Evaluator Sarah Porter (who's also a Registered Nurse OB/GYN Specialty).

What Goes Around Comes Around We're talking about circulation here. Exercising is a great way to stimulate great blood flow to all your vital organs -- and to your sweet baby too. Good circulation also helps relieve a multitude of sins, including constipation, varicose veins, swollen ankles, and those painful pests, hemorrhoids. Don't forget to breathe deeply during the intense parts of class and all of your stretches to get oxygenated blood cruising to your muscles

Baby Got Back

Your tummy is expanding but you can still work on strengthening your abdominal muscles so that you can protect your aching back. Use your breath to naturally train your transverse abdominals and enjoy low curl and kickstand curl to keep your six-pack muscles in check.

The Bar Method offers lots of modifications for pregnant ladies. In curl, you'll have plenty of support in the way of risers to help you work your abs and keep all pressure off your lumbar region. Many pregnant women love doing high curl with the ball behind the back, as it is soothing to this area of the body, whilst maintaining strength in the front. Cradle your

baby in the sandwich of abdominal and back core strength!

Rachel Schwartz, a student in Park Winters FL, tells us, "I took Bar Method classes four times a week through pretty much my entire pregnancy. I feel the workouts made me stay strong through my pregnancy, and even gave me energy when I thought I couldn't do one more thing from being so tired! I also really appreciated how there were modifications during my pregnancy and the instructors were informed and knew what to tell me to do to stay safe. I never once worried that the workout was unsafe!"

Sweet Dreams Mummies-to-be who are active generally sleep much better and feel less tired during the day, compared to their inactive counterparts.

Guess Who's Back? Partaking in your regular Bar Method classes will help you bounce back a lot quicker postpartum. Sarah says, "I love seeing our clients post-delivery. They always look phenomenal and find it easy to recover quickly." Remember all that hard work you did in curl whilst pregnant? Those muscles are still there and work hard to pull you back in tight like a corset.

Rachel tells us about her experience bouncing back. "One of the biggest benefits of doing Bar Method while I was pregnant actually happened after I had my baby. I was able to bounce back so quickly... both in terms of my weight and my strength. I truly believe that doing Bar Method during my pregnancy made this happen. I don't know if it's coincidence or as a result of Bar Method, but Melody and I barely had to push at all during labor. I think

I pushed for 37 minutes and I believe she did less. My doctor told me she truly believed it was because I was in such good shape (thank you, Bar Method abs). She said labor normally takes much longer with first-time moms!"

Ready, Steady, Go: Continuing on with your Bar Method classes will keep you more healthy overall. It's unlikely that you and/or the baby will gain too much weight, and it may help prevent gestational diabetes and premature birth. Exercise also helps to keep your blood pressure under control. Sarah notes, "Past pregnant clients admitted to having easier labour and deliveries too. That focus on the breath during class combined with fabulous muscle strength, along with a little low curl as you push, can all equal in an easier time in the delivery room."

Feel Good: Who doesn't enjoy a good endorphin rush? You know how amazing you feel when you conquer thigh work! Why deny yourself that same feeling when you're pregnant? A Bar Method class will boost your mood.

Melody Hall, another regular student from the Park Winters, FL studio notes, "The Bar Method was the best thing I did for myself during my pregnancy. I always left class feeling rejuvenated and strong. In addition, all of the stretching that we did in class helped to relieve any discomfort I may have felt. The instructors were all educated on the modifications I needed to take while in class. It was a blessing to have a safe way to exercise! I was able to keep up with the workout until the end of my pregnancy and went to the hospital with a strong core. Thank you, Bar Method!"

To make the most of your prenatal Bar Method experience, be sure to check in with both your teacher and your doctor to be sure that it's safe for you to take classes. All Bar Method instructors are highly-trained and knowledgeable regarding prenatal modifications that will keep you and your baby safe so don't be afraid to ask questions!

Top: (from left to right) Melody & Rachel. Bottom: (from left to right) Melody, Adalyn, Dylan & Melody

