



## FIT TIP 19

### Are you expecting?

Being active while pregnant can make your labor shorter and recovery faster. Plus, it can make it less likely you'll have complications such as gestational diabetes, preeclampsia, and postpartum depression.

### Warm up:

Start with these moves to get your body ready.

- Standing arm circles – 30 seconds
- March in place – 1 minute
- Standing arm circles (reverse direction) –30 seconds
- March in place – 1 minute

### Workout:

Complete the following lower body movements, resting as needed.

- Squats (x30)
- Heel Raises (x30)
- Lunges (x30)
- Wall Sit (30 seconds)
- Squats (x30)
- Heel Raises (x30)
- Lunges (x30)
- Wall Sit (30 seconds)

Need help with the workout movements or want more workouts for home? Visit [www.plan.eat.move.com](http://www.plan.eat.move.com) for more information.



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