



**Manhattan PT**  
MRPT PHYSICAL THERAPY

# Wellness Tips

[www.MRPTny.com](http://www.MRPTny.com)  
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## Fit Moms Make Smarter Babies

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### Hidden Benefits of Exercise during Pregnancy = Smarter Babies



A growing number of studies reveal that many benefits of exercise during pregnancy are not just for mom, but baby too!

The American College of Obstetrics and Gynecology guidelines state that, “in the absence of either medical or obstetrical complications, 30 minutes or more of moderate exercise on most, if not all, days of the week is recommended for pregnant women.”

#### Mom's benefits:

- Improved fitness level and muscle tone to help you deal with pregnancy and labor
- Reduced risk of excess weight gain
- Enhanced release of endorphins to cope with perceived pain during labor
- Shortened labor and fewer c-sections
- Reduced back and pelvic pain
- Improved sleep patterns
- Faster post-partum recovery and faster return to pre-pregnancy weight
- Decrease risk of gestational diabetes and pre-eclampsia
- Less incidences of depression and pregnancy related stress



## Baby's benefits:



- Smarter kids: one study showed higher scores on general intelligence and oral language skills (Journal of Pediatrics, Dec. 1996)
- Decreased birth weight, but still considered healthy (note: Pregnant obese women can increase the risk of their child developing obesity by preschool age.)
- Decreased body fat at birth and 5 years later

Manhattan PT – MRPT Physical Therapists are trained to provide you with a safe and effective exercise program. If you have pain, we are the most qualified health professionals to guide you through appropriate treatment and exercises.



Pregnancy Pre Natal Program  
Birthing Preparation  
Post-Natal Care  
Incontinence  
Pelvic Pain  
Back Pain  
Neck Pain  
TMJ  
Headaches  
Manual Lymph Drainage  
Fibromyalgia  
Osteoporosis  
Sports Injuries

If you have any questions about exercising during pregnancy and how we can help you, please feel free to email us at [MRPTny@aol.com](mailto:MRPTny@aol.com).