

# HEARTBEATS

Maternal Health Newsletter  
from your local Integrated Research-Practice Partnership



## 10 FACTS: EXERCISE DURING PREGNANCY

Based on the American College of Obstetricians and Gynecologists and the 2018 Physical Activity Guidelines for Americans, here are 10 facts about exercise during pregnancy:

1. Pregnant women should have thorough clinical evaluations throughout their pregnancies to make sure that they don't have a medical reason to avoid exercise.
2. Women with uncomplicated pregnancies need the same amount of exercise as other adults.
3. Like other adults, **pregnant women should exercise 20-30 minutes per day on most days of the week.**
4. This adds up to approximately 150 minutes of moderate-intensity aerobic exercise per week.
5. In addition to aerobic exercise, pregnant women should do moderate-intensity muscle strengthening exercises on two days a week.
6. The "talk test" is an easy way to measure exercise intensity: For moderate-intensity exercise, pregnant women should be able to talk (carry on a conversation) but not be able to sing.
7. Examples of safe physical activities include walking, swimming, stationary cycling, low-impact aerobics, modified yoga, modified Pilates, and strength training.
8. Examples of unsafe physical activities include hot yoga, contact sports (basketball, soccer, hockey), activities with a high risk of falling (downhill skiing, horseback riding, gymnastics), and scuba diving.
9. Pregnant women who were sedentary before pregnancy should ease into physical activity, following a gradual progression of exercise.
10. Pregnant women who were very active before pregnancy should consult their healthcare providers about continuing high-intensity exercise programs, and competitive athletes should have frequent, close supervision if they continue to train.

The American College of Obstetricians and Gynecologists. Physical Activity and Exercise During Pregnancy and the Postpartum Period. *Obstet Gynecol.* 2015;128(654):1-4. doi:10.1016/S0140-6736(16)31898-0

U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018.

## WHAT'S AN IRPP?

An Integrated Research-Practice Partnership (IRPP) is a collaboration of researchers, health care providers, wellness experts, and community members. Members of our IRPP work together to provide local women with evidence-based programs for healthy pregnancies and beyond.

### Want to connect? Suggestions? Comments, Questions?

Please visit [www.parcilab.org](http://www.parcilab.org), check us out @parcilab on Instagram and Twitter, or contact Abby Steketeer at [abbymys@vt.edu](mailto:abbymys@vt.edu).

## FIESTA SALAD

- Microwave a sweet potato for 6-8 minutes.
- Dice the sweet potato and toss it with 1 can of drained black beans, 1/2 cup diced tomato, and 1/3 cup frozen and thawed corn.
- Divide four cups of lettuce or other greens into two bowls.
- Toss the sweet potato-bean mixture with the lettuce.
- Make a dressing in a separate small bowl or mug by mixing 4 tablespoons lime juice, 4 tablespoons honey, 1/4 cup olive oil, 1/4 teaspoon salt, and 1 tablespoon cilantro.
- Drizzle the dressing over the two salads and enjoy.

## Upcoming Events

Free Prenatal Yoga

9-10:15 am

Saturdays

@ 1 Riverside Circle, Suite 104

January 19

January 26

February 2

February 9

## Move of the Month: Warrior 2



1. Step your feet 3.5-4 feet apart.
2. Extend your arms to the side at shoulder level with your palms facing the floor.
3. Turn your right foot out to the right 90 degrees and slightly spin your left heel to the left. Line up your right heel with your left arch.
4. Keep your left leg straight as you bend your right knee to 90 degrees. As you bend your right leg, align the center of your kneecap with your second toe. Stack your right knee over your right ankle.
5. Center your torso between your legs and lengthen your spine toward the ceiling. Avoid leaning your torso in any direction.
6. To engage your inner thighs, imagine pulling your legs in toward each other as if you were squeezing something between your thighs.
7. Extend your torso straight up the ceiling--reach your arms to the sides--pull your legs toward one another without moving your feet.
8. Take five breaths, then switch sides and take five breaths with your left leg bent.

*Thanks to local mom Amber Bailey for modeling Warrior 2!*

# IRPP Member Profile: Meghan Wilson, PhD

**Nickname(s):** I don't have any that I enjoy being called, but my dad calls me turkey... yes. still at 28 years old...he calls me turkey (insert eye roll).

**Occupation/job/position:** Assistant Professor of Biology, Bluefield College, VCOM-VA Campus.

**Family:** Husband, partner, and best friend, Kevin; 16-month-old baby girl, Skylar; golden retriever, Bentley (Mr. B); yellow lab, Bo; yellow long-haired domestic cat, Calvin.

**How do you like to start your day?** 5:15 am HIIT session, 32 oz of water and then coffee.

**How do you like to end your day?** Personal pleasure reads. Currently reading *Every Day* by David Levithan.

**What's on your music playlist right now?** Reggae: SOJA, Bob/Ziggy Marley, Rebelution, Iration, Matisyahu, etc.

**If you were on a deserted island and could have only five foods for the foreseeable future, what would you choose?** Peanut butter, bananas, sweet potatoes, brussel sprouts, and ice cream!

**What's your motto or one of your favorite quotes?** "Believe you can and you're halfway there." –Theodore Roosevelt

**What book, article, podcast, movie, etc., got you thinking/feeling recently?** None of the above options but I am doing a 30-day yoga 'journey' and it has me putting a lot of things into perspective.

**What's your favorite place?** Costa Rica.

**What was your greatest hardship, challenge, or life change in the last year?** Biggest life change: no longer a student after 24 years of school.

**What's your greatest extravagance (or guilty pleasure)?** Nicholas Sparks books... I know...gag.

**Which living person do you most admire?** My mom.

**What do you consider your greatest achievement?** Defending my prelim exam seven days after having Skylar (via emergency cesarean) who surprised us with her arrival six weeks early!

**What's your idea of perfect happiness?** Happiness is the everyday chaos of life. I am privileged with living my best life with my best people! But really...that first cup of coffee at 6:30 in the morning when everyone in the house is still sleeping...that is perfect happiness!

**Random fun fact:** I did my senior college internship at Dolphins Plus in Key Largo, Florida, and swam with dolphins every day for a month... Oh, and studied their behavior and stuff 😊.



Meghan with Kevin, Skylar, Bentley, and Bo.

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