



### Seek Advice

The Cambridge Kung Fu Instructors are not trained medical professionals in anything more than basic First Aid, therefore we strongly recommend that, upon finding out you are pregnant, you seek medical advice from your doctor with regards to exercising and training (specifically in Martial Arts). Once you have received this medical opinion we recommend that you follow this advice carefully.

### In Classes

Several students have successfully continued to train with us whilst they are pregnant and as long as your doctor endorses this then we are very happy for you to continue classes with us throughout the duration of your pregnancy.

Principally, we would ask that you inform your Instructor(s) of your pregnancy as soon as possible, including any extra information that may be relevant to your health or training needs. Most importantly we ask that you listen to your body and if ever you experience any dizziness, unexpected discomfort or feel unwell, that you stop and inform an Instructor straight away.

In general we would advise against taking part in any contact/partner work unless it is very slow and soft, and only then if you are 100% comfortable with the exercise and your training partner. If you do decide to take part in contact/partner work then we suggest that you inform your training partner that you are pregnant and make sure they understand if, and how, they need to adapt what they are doing. If you feel that a particular exercise is not appropriate for you or you become uncomfortable with any exercise then stop and inform one of the Instructors. There will always be alternatives to contact/partner work which we are able to suggest.

We would advise against training with weapons or taking part in any sparring, 'free' partner exercises, multiple attacker exercises or ground work whilst you are pregnant.

If any of your training needs change during your pregnancy please maintain an open dialogue with your Instructor(s) as we want to help you to have a happy and healthy pregnancy.

### General Guidance

- Hormones released during pregnancy loosen your connective tissue; your body is therefore potentially less stable than normal and you should be careful of over extending your joints.
- Be especially careful not to over compress, stretch or rotate your abdomen.
- Don't exercise flat on your back, particularly after 16 weeks, because your bump presses on the big blood vessels, and it can make you feel faint.
- Your balance may be affected by your changing centre of gravity.
- Long periods of standing in one position can lead to a drop in blood pressure and cause dizziness.
- Avoid jumps (always keep one foot on the floor) and sudden changes in direction.
- Drink plenty of fluids, before, during and after any exercise, and avoid overheating.
- Be sure to always warm-up and cool down; gentle stretching and relaxation breathing are perfect at the end of a session.
- Beginning a new exercise program after more than 26 weeks of your pregnancy is not recommended.

### Further Resources

Below are some links to websites which offer further advice regarding exercising whilst pregnant, which you may find useful;

<http://www.nhs.uk/conditions/pregnancy-and-baby/pages/pregnancy-exercise.aspx>

<http://www.babycentre.co.uk/a758/pregnancy-exercise-guide>

[http://kidshealth.org/parent/pregnancy\\_center/your\\_pregnancy/exercising\\_pregnancy.html](http://kidshealth.org/parent/pregnancy_center/your_pregnancy/exercising_pregnancy.html)