

how to... strengthen your pelvic floor

Pilates is one of the best exercise programs to help women cope with the effects of pregnancy – such as fluctuating hormones and postural changes – as well as the birth itself.

This Pilates exercise, using a Magic Circle (pictured), is ideal for helping strengthen the inner thighs, pelvic floor and deep abdominals. Once into your second trimester, remember to elevate your upper torso when lying down to do this exercise.

+ Try this: Lie on your back with the Magic Circle between your knees. Exhale and squeeze your knees together over three counts. Inhale and slowly release. Do 10 reps.

By Sally Anderson

