

FOR IMMEDIATE RELEASE

## Prenatal Fitness Expert and Fit4Baby Founder Lisa Druxman Dispels Myths Surrounding Exercise During Pregnancy

SAN DIEGO, CA (August 4, 2008) – From career to cardio, the modern expectant mom is often able to maintain the majority of her pre-pregnancy lifestyle. **But the idea that prenatal exercise can be safe and even *beneficial* for the bump isn't a concept that's long been conveyed to the pregnant client.** In fact, many myths pertaining to exercise during pregnancy are still making their way into mommy communities today.

"Fitness professionals and pregnant women are finally becoming increasingly aware of the benefits prenatal exercise brings to both mom and baby during a healthy pregnancy, but it's been a long time coming," explains [Lisa Druxman, M.A.](#), a pre- and postnatal fitness expert, author and founder of [Stroller Strides®](#). "Outdated, overly conservative guidelines and theory-versus-research-based recommendations have been the source of much confusion for expectant mothers."



Setting out to dispel many of these deeply-rooted prenatal exercise myths, **Stroller Strides is launching Fit4Baby this fall – the company's first prenatal fitness program.** Like Stroller Strides, Fit4Baby will offer supported interval workout classes in various locations across the country.

Druxman addresses several of the most common fitness-during-pregnancy falsehoods here:

**MYTH #1: Pregnant women should not work out if they were not previously engaged in an exercise program.**

*TRUTH: Exercise can start at any time, so long as it proceeds and builds gradually. Consistency is most important.*

**MYTH #2: Pregnant women should not exercise more than three times per week.**

*TRUTH: Following a doctor's approval, it's recommended that pregnant women engage in 30 minutes or more of moderate exercise daily, five or more times a week.*

**MYTH #3: Pregnant women must keep their heart rate under 140 beats per minute during exercise.**

*TRUTH: Instead of counting beats per minute, use the [Borg Scale](#) (measures perceived exertion) or a simple [talk test](#) to assess intensity.*

**MYTH #4: A pregnant woman following a regular exercise schedule needs to eat for two.**

*TRUTH: You're not eating for two. Eat to appetite and then stop.*

**MYTH #5: Abdominal exercises are not appropriate during pregnancy.**

*TRUTH: Pregnancy is a very important time to work the abdominals – you just need to change how you're doing so. Because they're stretched out, the abs aren't as efficient in pregnancy, so traditional crunches aren't really appropriate. Additionally, you shouldn't be on your back for more than a couple of minutes following the first trimester. However, there are many core exercises you can do sitting, standing or on all fours.*

**MYTH #6: Kegels are not necessary if you're going to have a Caesarean.**

*TRUTH: The most damage to the pelvic floor is caused during pregnancy – not delivery. Urinary incontinence is still an issue for C-section patients.*

~MORE~

For more prenatal exercise myths and truths from Lisa Druxman or further information on Fit4Baby and Stroller Strides, editorial media may contact Jordan at On the Horizon Communications at (805) 773-1000 or email [jordan@thepressroom.com](mailto:jordan@thepressroom.com).

Stroller Strides classes are offered in over 800 locations in the United States and now in Canada. The hour-long classes emphasize cardiovascular activities and muscle-strengthening exercises using resistance bands and strollers, allowing moms to interact with their babies throughout their workout. To further assist mothers in all aspects of their lives, Stroller Strides partners with LUNA® and BOB™. For more information about Stroller Strides, including class locations, visit [www.strollerstrides.com](http://www.strollerstrides.com).