



# 1st Trimester Support for Your Pregnant Body

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Pregnancy is a time of many physical changes. These changes can impact your spine, joints, and muscles, causing discomfort when you are pregnant and after your pregnancy ends. The practices recommended below can improve your health while you are pregnant, and they can also make your recovery from pregnancy easier.

Below are some steps you can take to be more comfortable during the first 3 months of your pregnancy.

## **Continue your exercise routine.**

- Regular movement and activity in the first trimester helps your body adjust to changes related to being pregnant.
- If you feel uncomfortable with your exercise and activities, change your routine for your comfort.
- If you engage in high-risk exercise or activities, talk with your provider about how to safely continue those activities during pregnancy.
- If you have specific questions about your preferred activity, talk with your healthcare provider.

## **Wear comfortable clothes.**

- Choose loose-fitting, non-restrictive clothing and shoes with good arch support and low heels.
- Try to find clothes that can grow with you over the next several weeks, thinking about the seasons as well as your activities.

## **Sit in a supportive chair.**

Your body is changing, and the support you need when sitting will be different now.

- When sitting, sit with your back straight, your shoulders back, and your butt at the back of your chair.
- Sit with a back support (like a rolled-up towel) on your lower back.
- Sit evenly, with equal weight on both hips. Your core should be at a 90-degree angle to your thighs, which are parallel to the floor (see the picture). Some people use a footrest to support their feet and keep the 90-degree angle.
- Sitting for long periods of time can be uncomfortable. Change positions every few hours and stretch.



## **Pay attention to your posture and balance when standing and walking.**

As your body changes with your pregnancy, you may find your balance changes. Wearing supportive shoes when walking, and practicing good posture when standing and walking, can help.

- Good posture includes holding your head straight with your chin tucked in toward your neck.
- Keep your knees slightly bent (not locked).
- Be sure to change your position often, at least every 1-2 hours.

For more information about posture and body mechanics, visit this webpage from the Cleveland Clinic (click the link or scan the QR code): [my.clevelandclinic.org/health/articles/6913-pregnancy-correct-posture--body-mechanics](https://my.clevelandclinic.org/health/articles/6913-pregnancy-correct-posture--body-mechanics)



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