Symptoms indicating that one should stop exercising:

- Pain
- Fever
- Vaginal bleeding
- Dizziness
- Shortness of breath
- Severe backache
- Absence of usual foetal movement
- Sudden swelling
- Abnormally rapid heart beat
- Muscle weakness
- Blurred vision
- Amniotic fluid leakage

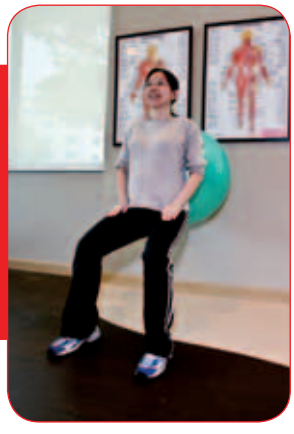
Reference:
American College of Obstetricians and Gynacologists. Exercise during pregnancy and the postpartum period. ACOG Technical Bulletin No. 189: Washington, DC. ACOG press, 1994.
www.preggibellies.com

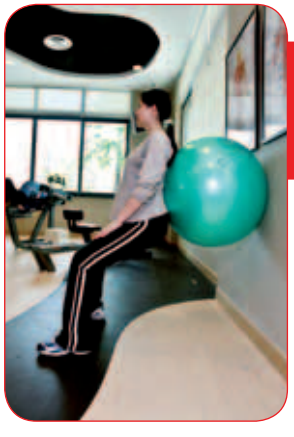
Here are some simple mediBall® exercises (suitable for all trimesters):

Wall Squat (uses all muscles of the legs)

Stand and lean on the ball, keep abdominals tight, feet in line with knees and hip but slightly away from the wall.

Do a ¼ or ½ squat keeping the whole back in contact with the ball.





Ensure that you can still see your toes in the squat position.
Return to start position.

Seated Hip Flexion
(uses abdominal and hip muscles)

Sit on ball with feet flat on floor.

Keep neck neutral and place hands on the ball beside one's buttocks.

Lift one foot slightly off the floor, then slowly lower the leg and repeat the same with the other leg.

Seated Row with Elastic Band
(uses upper back and bicep muscles)

Sit on ball with feet flat on floor, abdominals slightly tuck and neck neutral.

Pull the band back so elbows go back behind.

Slowly return to start position and repeat with other arm.

Four Point Kneeling
(uses back muscles)

Start with both hands and bent knees on the floor, keeping back and neck in one straight line.

Slowly lift one arm and opposite leg up.

Then slowly lower the arm and leg and do likewise for the other arm and contralateral leg.

Diabetes is the fourth leading cause of global death by disease.