

RUN PREGNANT

THE FITTAMAMMA GUIDE AND
INSPIRATION FOR PREGNANT
RUNNERS



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Maternity & Postnatal Activewear

YOU CAN RUN DURING PREGNANCY!

For most women the answer to the question 'Is it safe to run during pregnancy' is a resounding 'Yes'.

Studies have shown that babies born to women who exercise during pregnancy develop more quickly and are likely to have improved long-term health benefits.

Regular exercise will have a positive impact on your physical and mental health, preparing your body for labour and motherhood.

Running is not just beneficial for you and your baby but has all the advantages of being accessible, available at whatever time suits you best and you can choose your own pace, distance and pitstops if you need them!

Weight bearing exercises such as running will increase bone density, helping to prevent osteoporosis. Good news for pregnant runners is that those strong bones will help you to support and adapt to your weight gain in pregnancy. Even better, maintaining bone density avoids the effects of calcium lost through breast-feeding.

You can fit in a run whenever and wherever works for you – knowing that what you're doing is good for you and good for your baby!

What's not to love?

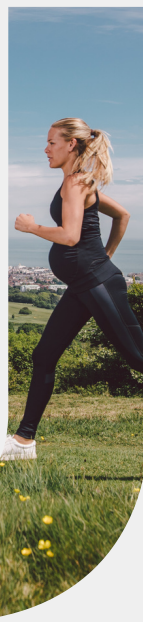
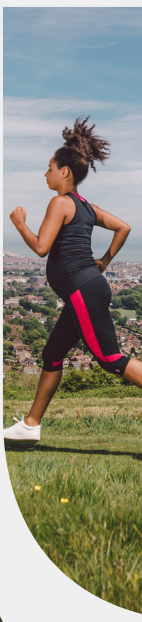
DO'S AND DON'TS FOR SAFE RUNNING DURING PREGNANCY

(Don't worry....most of them are common sense!)



- Don't expect to beat or even achieve the same speeds or distances you were reaching before pregnancy – just be glad you're still running and enjoying it.
- Remember 'scaling back' is relative – if you normally run marathons easing up will be different to someone who is perfectly happy with a regular 5k. Just do what feels good for you – this is your body, your pregnancy and your run.
- Remember the talk test – or, more formally, follow the Borg scale of the perceived exertion. Basically, this scale measures your levels of exertion in relation to how hard you feel you are working, from 'very, very light' (tying the laces on your trainers for example) to 'very, very hard' (an unsustainable burst of activity, such as finishing a race). Aim for somewhere in the middle, or the level at which you can still hold a conversation.. If you can't talk it's time to ease up or take a rest.
- Supporting your bump and breasts will make a real difference to your comfort when you run. For optimum support the [FittaMamma Ultimate range](#) was designed with runners in mind and is lab-proven to reduce bump bounce during running by almost 50%. Lifting, holding and supporting your bump will ease the pressure on your pelvic floor too.
- Team your kit with our [High Impact Maternity and Nursing Sports Bra](#) for maximum support – your Cooper's ligaments need all the support you can give them during pregnancy!

- If you're running in the evenings make sure you can be seen – reflective kit will help when the light is poor.
- The usual recommendations, such as 'stay hydrated', or 'stay fuelled' are even more important when you run during pregnancy. Carry a water bottle and don't run on an empty stomach.
- Be aware that the hormone relaxin causes your ligaments to soften in preparation for the birth and the risk of injury slightly increases as your joints loosen up. It's worth including regular strength training in your weekly routine to keep your muscles strong to avoid injury.
- Most importantly, make sure you warm up before your run and cool down afterwards – check out the [expert advice](#) from NHS midwife and prenatal exercise specialist Rosie Brown.
- When doing any activity during pregnancy make sure you listen to your body and stop if you feel uncomfortable. Always consult your doctor or midwife if you have any concerns about your health or the health of your baby.



Make sure you warm up!

A warm up is an essential part of your pregnancy exercise whenever and whatever you doyou can't just expect your body to respond instantly when you start exercising. A good warm up will gradually increase your heart rate, increase circulation to your muscles, ligaments and tendons, raise your temperature and reduce the risk of injury. It will also help prepare you mentally and get you in the right zone for exercise. It's even more important for exercise during pregnancy when a sudden burst of activity might wake up your baby too!

Take a few minutes before you run to prepare your body for exercise and follow the same routine to cool down after your run to let your heartbeat and blood pressure return to normal. A few gentle stretches after your run can help reduce the build up of lactic acid which can lead to muscle cramping and stiffness – but recognise the effects of the hormone relaxin on your joints and avoid the temptation to over-stretch.

Follow this video from prenatal fitness expert and NHS midwife Rosie Brown for an effective warm up routine before your run.



'Running with a twin pregnancy'

with Sophie Carter



Pregnant ultra-runner Sophie Carter cut down her miles when she was expecting twins – but for someone who regularly competed in 100km ultra races pre-pregnancy, that meant reducing her runs to around 12 miles.

Sophie, a former solicitor who now combines childminding with being a personal trainer, brushes aside the challenges of training, saying that even when preparing for an event she rarely ran more than 50kms at a stretch, relying on the adrenalin of the race to see her through the final kilometres.

'And during pregnancy it was more about listening to my body, recognising that I was running for myself and my babies. It's not important for me to have a race to train for, what was important was my pregnancy. Running provided 'me time', if I needed to slow down or walk, then that's fine. And anyway, I needed to wee too often to compete!'



'Running made me a better mother'

Sophie started running seriously when she lost her mother to cancer. 'It was my way of dealing with the pain,' she said, 'I just kept running and running. It was a release. In addition to losing my mother, I had also endured a difficult break up with my partner and as a single mother to two children it was not easy finding time to run – but running made it possible to cope. Naturally I suffered a good dose of 'mum guilt' but taking time out to run regularly made me a much better mother.'

Two miscarriages

Now Sophie has a new partner and both of them wanted their own child together. Unfortunately Sophie suffered two miscarriages, both quite different and unrelated but equally distressing.

She continued, 'I ran through both of these pregnancies, knowing that it was right for me and for my babies. Some people might have worried that it contributed to the miscarriages but I ran regularly through my previous pregnancies and felt fully in tune with my body and what was safe and appropriate for me to do.'

I know sometimes you need to find something to blame for a miscarriage but I don't believe that's right – you have enough to contend with without the added burden of guilt. With my first pregnancy I ran up until six weeks before my due date, swapping to swimming for the last few weeks. Second time around I felt even more confident and ran up until three days before my son's birth. For me the most important thing was to listen to my body and I paused mid run when I felt it was time to stop.



I really think that being so fit and active during my pregnancy helped a lot during the labour and I recovered really quickly. In fact I ran a regular postnatal fitness session and there seemed no reason to cancel the class – even though it was only 24 hours after Ethan was born!

Running with twins

Sophie was very aware that running with twins might be harder, as was conscious of the additional weight of two babies. However, she had the benefit of [FittaMamma maternity Capris](#) and [FittaMamma supportive maternity fitness vests](#), which she described as 'like a bra for my bump'. She said, 'It made my bump feel really secure, there's no need to hold your belly when you're running. Not worrying about 'bump bounce' really improved my confidence and gave me the extra peace of mind to relax and enjoy my pregnant runs.'

Sophie carried on running 5 or 6 miles right up until 36 weeks before giving birth to Jaxon and Isla, saying 'I kept an open mind about how long I'd keep going but towards the 37th week I started having contractions and at that point I thought I'd better stop.'

Her twin bump split her tummy muscles and weakened her core but despite the pressure of two babies she has not had any postnatal issues with her pelvic floor saying 'I honestly feel that running during my pregnancy kept it strong – it feels fine!' Five weeks after the birth she had already resumed her role as a child-minder and was back to teaching her outdoor circuit classes.

Sophie's tips for pregnant runners

- Do what feels right for you – if it makes you feel good, keep going
- You don't need to set targets or goals
- Adjust your pace so you feel comfortable, if little steps feel easier, that's fine
- I ran through my pregnancy nausea – it felt better once I was out running
- Eat regularly, it's important to keep your blood sugar stable
- Make sure you stay hydrated, even if it does mean you wee more!



FittaMamma maternity fitnesswear makes my bump feel really secure, there's no need to hold your belly when you're running.

- Sophie Carter, Ultra Runner

With many thanks to
www.sophiecarter.co.uk

Congratulations to Sophie and her family and thanks for looking so good in FittaMamma gear.



DON'T HANG UP YOUR TRAINERS!

Recent studies have shown that over half of women who run regularly stop when they become pregnant and a third of them don't get back into running in the first year of becoming a mum. Don't let this be you!

We'd love to reverse this trend and encourage every pregnant woman that it's perfectly safe to continue running just as long as you feel comfortable doing so.

Why would you want to give up doing something that is good for your body, helps you sleep, improves your stamina and fitness as you prepare for labour and helps keep you sane and happy? Your fit and healthy pregnancy will benefit your baby too – babies born to women who exercise during pregnancy tend to develop faster and have improved long-term health benefits. It's win win all round!

**CHECK OUT THESE MOTIVATING STORIES FROM
SOME OF THE MANY WOMEN THAT DO
CARRYING ON RUNNING DURING PREGNANCY.**



FittaMamma customer, Melanie shared her joy when her son was born eight days late, just ten hours after she completed her final pregnant run. Melanie said, 'Whilst running in pregnancy I was initially disappointed that my pace was slowing down and I wasn't able to run as far. My friends reminded me that I was running with 2 precious babies (One in a buggy and one in my tummy), after that I ran for the joy of it. Running was a stress reliever. My pregnancy included moving home and house renovations so I really struggled emotionally.'

She added, 'Thank you, for keeping me sane, active and able to have "me time" during my pregnancy. I couldn't have run as long as I did without FittaMamma!'

Pregnant Not Powerless
ambassador, Tiffany Wysocki, ran regularly throughout her pregnancy and shared a quote from Krysten Llerma that she found really motivating: "Pregnancy is not an illness. It is not a weakness. My body is able to do something that takes a considerable amount of fortitude. My body was made to carry this child, and my body was made to run." – Krysten Lerma





Beatie Deutsch already had four children and took up marathon running to get back into shape. She enjoyed running and saw no reason to give up when she found she was pregnant. She entered the Tel Aviv marathon which she ran in 4 hours 08 minutes when she was six and a half months pregnant.

She said: 'Committing to run a marathon whilst pregnant really motivated me to keep training. And I enjoy running so it wasn't hard. I didn't do any shorter races but with marathon training you really can't miss any runs if you want to be properly prepared.'

She teamed her [FittaMamma capris](#) and a 'Me & My Baby Running Together' vest with a long sleeved top and a modesty skirt.

Journalist and FittaMamma customer Frances Marcellin took up ultra-running to combat the effects of a chronic illness. At the age of 45, at the beginning of the covid pandemic, she discovered she was pregnant with her fourth baby.

She continued to run, including strength workouts at home instead of the gym. Running high points included a 27km virtual race at 18 weeks pregnant and a half-marathon at 28 weeks. She said ' I bought FittaMamma's maternity exercise top and capri leggings, and they truly helped me to keep on training with a big bump. Fran's advice is 'Never give up, think about future you and where you want to be in a few years' time. Showing up for myself keeps me on track mentally as well as physically.'





Marathon runner and FittaMamma customer Jo Johnston was a keen 'pregnant runner', sharing pictures from the 10km race she did at 8 months.

In the last few days of her pregnancy she wrote: 'I'm still feeling good and even managed 4 miles today! I am booked to be induced tomorrow so no running then! My waters broke yesterday and whilst I feel fine, labour hasn't started and so they need to get things going due to the infection risk. I'm sure all my exercise will stand me in good stead for the hours ahead!' After the birth she said 'My midwife was astonished by my heart rate during labour, saying it was the lowest heart rate she'd seen in 20 years delivering babies!'

MARATHON RUNNER JO'S TIPS FOR PREGNANT RUNNERS

'I'd say to take one run at a time and don't put too much pressure on yourself. If you have a day when running feels like a struggle don't give up -you get bad running days even when you're not pregnant and the next time you might be fine!

Accept that you will find running harder than before you became pregnant and you'll be slower and probably not be able to run as far – but it's so much better than doing nothing. Just concentrate on doing what you can.

I loved wearing the flattering but comfortable FittaMamma pregnancy fitnesswear! A great investment and they made me feel more confident about going out running.'



KIT TIPS FOR PREGNANT RUNNERS



- ✓ Luxe, fully lined hood
- ✓ Discreet zips for easy feeding
- ✓ Securely zipped pockets
- ✓ Generous cuffs with thumb holes
- ✓ Longer length for comfort & style



- ✓ Easy-access drop down clips
- ✓ Racer back for comfort
- ✓ Fully adjustable straps
- ✓ Soft seamless inner bra
- ✓ Extra-wide supportive band

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48% REDUCTION
PROVEN
IN BUMP BOUNCE



- ✓ Seamless inner bra
- ✓ Breathable cool-mesh panel
- ✓ Our unique cross back technology for maximum support
- ✓ Breathable cool-mesh side and back panels
- ✓ Firm band holds your hips, supports your bump and protects your pelvis
- ✓ Inner silicone band prevents ride-up
- ✓ Our unique high-performance multi-stretch maternity fabric
- ✓ Sweat-wicking easy-dry
- ✓ Flat seams for chafe-free comfort
- ✓ High performance, high impact, maximum style

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THE
ULTIMATE
COLLECTION

48% REDUCTION
PROVEN
IN BUMP BOUNCE



- ✓ High-rise roll-up/roll under waistband - maximum support for bump & lower back
- ✓ Concealed under-bump band stretches and supports
- ✓ Protects your pelvis
- ✓ Flat seams for chafe-free comfort
- ✓ Our unique high-performance multi-stretch maternity fabric
- ✓ Sweat-wicking easy-dry
- ✓ Breathable cool-mesh panel behind the knees
- ✓ Secure pocket for phone or keys
- ✓ High performance, high impact, maximum style



Love Running Love FittaMamma



The **ONLY** maternity fitnesswear **PROVEN**
to support your bump when you run

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