

Medical Edge Radio from Mayo Clinic

Pregnancy & Exercise

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S TODAY'S MEDICAL EDGE FROM MAYO CLINIC.
Nats of exercise	YOU LEAD AN ACTIVE LIFESTYLE, AND ENJOY YOUR EXERCISE. BUT NOW THAT YOU'RE PREGNANT CAN YOU STILL ENJOY RUNNING THROUGH THE PARK, OR BIKING BY THE LAKE? IS IT SAFE?
Roger Harms, M.D.	"I THINK WE'VE OVER PLAYED THE COUCH POTATO ROUTINE FOR PREGNANT PEOPLE OVERALL."
	MAYO CLINIC DR. ROGER HARMS SAYS IF YOU HAVE AN EXERCISE PROGRAM THAT YOU ENJOY, THERE'S GENERALLY NO REASON YOU CAN'T STICK WITH IT

	<p>THROUGH YOUR PREGNANCY. BUT YOU NEED TO REMEMBER THAT YOUR BODY IS CHANGING ...</p>
Dr. Harms	<p>“GOING AROUND THAT LITTLE BIT OF A BANKED TURN WITH YOUR ROLLERBLADES, YOU’RE DOING JUST FINE THIS SUMMER. YOU WON’T DO JUST FINE WHEN YOU’RE ANOTHER FIFTEEN POUNDS HEAVIER, AND ALL THAT WIEGHT IS ABOVE YOUR WAIST. YOU’LL FALL OVER.”</p>
	<p>DR. HARMS SAYS THE RISK OF INJURING YOUR BABY IN A FALL LIKE THAT IS ACTUALLY VERY SMALL. BUT HE HAS SEEN MANY MOMS-TO-BE WITH BROKEN ARMS AND SPRAINED ANKLES. SO BE CAREFUL.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR LOG ONTO MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>
