

One thing that you can anticipate in the second trimester along with your return of energy is that you might be able to start exercising again.

We encourage doing something active 30 minutes a day four to five times a week.

It will help keep your body strong and help prevent some of the aches and pains that many women experience. Walking is excellent. Elliptical machine is a good choice.

Yoga or pool exercises are great because when you're in the pool, that extra weight of your baby, you can't feel as much but you're still getting great exercise.

The only kinds of exercises that we really recommend avoiding in pregnancy are the ones that would put you at risk for a fall.

Where you might lose your balance. So things like horseback riding, water skiing, snow skiing.

So exercise to the degree that you'd be able to carry on a conversation while you're exercising. If you are too out of breath to talk to the person next to you,

just take it down a couple of notches.

And modify those exercises as needed to keep them from being uncomfortable for you.