

a. Posture

MODULE 6

The key to comfort during your pregnancy is good posture. By standing correctly, you distribute the weight of your pregnancy without straining your back and abdominal muscles.

The following picture shows how you can improve your posture during your pregnancy.



Remember good posture when walking

Keep your back straight and your head up. Imagine that there is a rope attached to the top of your head, pulling you upward and straightening your spine.

Tips for comfortable standing

If you must stand for long periods, raise one foot on a stool or the rung of a chair. This will ease the tension on your back. When using a broom or vacuum, stand with one foot forward and knees bent. This will make it easier for you to shift your weight and turn.