

4. Changing Positions

MODULE 6

As your baby grows during pregnancy, you may find it harder to change positions - for example, to get out of bed or to get up after exercising. Try to move slowly and carefully as you change position to help prevent muscle strain and dizziness.

The following animation demonstrates how to get out of bed.



The following animation demonstrates how to get up.



The following animation demonstrates how to sit in a chair and get back up.

