



## Managing Fatigue:

\*\*\* If you need to take a week off – TAKE A WEEK OFF! – You'll still be able to hold onto your strength

- It's ok to take a week off to sleep and rest and recover – and likely needed at some points.

### Recognize the Signs of Fatigue:

- Not recovering the next day
- Prolonged fatigue after exercise
- Headache after working out

### Tips:

- Don't meal skip – helps to keep blood sugar and energy levels up
- Stay hydrated
- Do a light active 15 minute cool down (walking or light cycling)
- Discuss your fatigue with your doctor – they may be helpful in managing it

### How to Modify for Fatigue:

- Decrease weekly volume of exercise:
  - Decrease:
    - # of reps
    - # of sets
    - Amount of weight
  - Increase:
    - Break times
    - Cool down time
    - Recovery time
  - You'll still be able to hold onto strength while decreasing fatigue

In your 3<sup>rd</sup> trimester – if you are tired and sore or just not feeling up to working out anymore because you're uncomfortable, be ok being a walker! Walking with a belly is a great workout for the pelvic floor and for getting your heart rate elevated without wearing your out.