



A Program of Bonnie Berk, Inc.

Winter Newsletter 2005: Volume 9 Number 1
1220 Hillside Drive, Carlisle, PA 17013
1-800-MOMWELL (666-9355)

[Http://www.motherwellfitness.com](http://www.motherwellfitness.com)
E-mail: bonnie@bonnieberk.com
Fax: (717) 258-1241

Motherwell Maternity Fitness Plan Book Now Available

The days of pregnant women being inactive and avoiding exercise are long gone. Today, women realize maintaining fitness during pregnancy is just as important as keeping regular doctor's office visits.

Leading this charge have been programs such as Motherwell Maternity Fitness, considered the gold standard in pregnancy fitness worldwide. Motherwell founder **Bonnie Berk**, now makes this state-of-the-art program available directly to women everywhere with the ***Motherwell Maternity Fitness Plan***.

This all-inclusive book assembles Berk's teachings into a plan of action designed to keep women informed and fit before, during, and after pregnancy. Readers will receive the most current, accurate, and medically based information to optimize their health and the health of their unborn child. The featured programs cover a broad range of exercises, consisting of strength-based

activities, breathing, flexibility, motivation, nutrition, and stress relief. The various fitness options available to pregnant women are also covered, including walking, swimming, water walking, stretching, yoga, and meditation.

Motherwell Maternity Fitness Plan is now a part of the Motherwell Professional Instructor Training Materials. The book can also be purchased separately. The cost is \$17.95 (US) and \$25.95 (Cdn). To order your copy, visit the Motherwell website: www.motherwellfitness.com. Women in the Motherwell classes are encouraged to purchase a copy to supplement discussion topics. Quantity discounts are available directly from the publisher: www.HumanKinetics.com.

New Interactive Motherwell Website for

Instructors, Class Participants and Anyone Interested in Maternity Health and Fitness Issues

We are live and on the air! Motherwell Forums have been added to the website for instructors and class participants to communicate with each other as well as people looking for more information about maternity health and fitness.

Motherwell Professional Instructors who provided their email addresses are already registered on the site. Instructors' username is their email address. The password is the email address also and IT IS CASE SENSITIVE. Please visit www.motherwellfitness.com and check it out!

Are you interested in hosting a forum? Send a letter of interest to

Contents

- | | |
|---|---|
| 1 | <i>Motherwell Maternity Fitness Plan Book Now Available</i> |
| 2 | <i>New Interactive Motherwell Website for Instructors, Class Participants and Anyone Interested in Maternity Health and Fitness Issues</i> |
| 3 | <i>Kegel Exercises Help Facilitate Labor</i> |
| 4 | <i>The Importance of Rituals</i> |
-

Motherwell Headquarters.

An Instructor who monitors a forum will be recognized with their name, biographies and contact information listed. This is a great way to market your self as a Motherwell Professional Instructor. Call for more information.

Kegel Exercises Help Facilitate Labor

According to a randomized controlled trial published in the August 14, 2004 issue of the ***British Medical Journal***, pelvic floor muscle training during pregnancy is associated with fewer cases of prolonged second-stage labor.

The effect of pelvic floor muscle training on labor was actually a secondary outcome measure of a trial studying the effectiveness of pelvic floor muscle training in reducing urinary incontinence. This study involved 301 first-time moms randomly assigned to a structured pelvic floor muscle training program between the 20th and 36th week of pregnancy. The study group included 148 women and the control group, 153 women.

Historically, there has been a myth that strong pelvic floor muscles may obstruct labor. However, results of this study showed that women with pelvic floor muscle training had a lower rate of prolonged second-stage labor (defined as

active pushing for longer than 60 minutes).

Researchers conclude by strengthening the mind/muscle connection between the central nervous system and the pelvic floor muscles, a woman is better able to facilitate second-stage labor. Another reason to practice your Kegels!

Reference:

BMJ.2004; 329;378-380.

“The supreme happiness in life is the conviction that we are loved.”

Victor Hugo

The Importance of Rituals

Rituals provide children with a sense of security, stability, and belonging. Rituals and traditions are the building blocks of a well-nurtured family. Pregnancy is a great time to start thinking about rituals you want to either continue or change for your new family.

Here are five easy steps to create special family rituals:

1. Think about what rituals were practiced in your own family. What were the significances of these rituals and how did they make you feel? Rituals and traditions do not necessarily have to be centered around holidays, birthdays or religious events. Think about everyday rituals like eating pizza every

Monday night or taking a walk after dinner.

2. Think about how you might adapt these rituals for your family. As an example, perhaps your family celebrated Christmas by giving gifts to each other and you want to expand your giving to include community service.
3. By practicing rituals, you have an opportunity to also share values. Think about your own values and then ask other members of your family about theirs. Design rituals around everyone's beliefs.
4. Create your own rituals. A weekend hike in the woods, reading at bedtime, or even having Sunday dinner together.
5. Make rituals developmentally appropriate. For young children, things like kisses before bedtime, waving goodbye to Dad in the morning or even diaper changes can be meaningful. Be flexible and adjust rituals as your family grows.