

Mind & Body

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Pippa has chosen not to run and focus instead on walking and other sports. As she's already a regular runner, there's nothing to say she couldn't continue. But it's personal choice and down to how you feel.

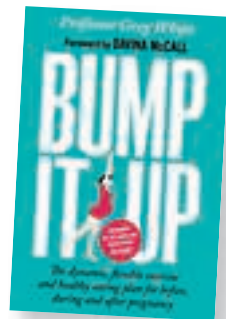
She's also right not to try any new exercise or sport during her pregnancy. I'm often asked whether it's safe to take part in sports that have the potential for impact, such as skiing or horse riding. My first response is to ask if the mother has always taken part in the sport and if they are proficient. If the answer is yes, then in general, continuing to participate in the sport they enjoy is acceptable, as long as basic rules are adhered to.

Of course, as the pregnancy progresses, the increase in the size

of the bump may simply preclude certain activities on biomechanical grounds as the centre of gravity changes.

Targeting pelvic floor and core strength and stability (80% of pregnant women suffer from back pain) is recommended throughout pregnancy and beyond. I always encourage mums-to-be to include pelvic floor exercises – a strong pelvic floor can help with delivery.

Pippa has made great choices in her exercise and physical activity programme during her first trimester and as a result, has had an excellent start to her pregnancy. I look forward to future instalments of her exercise and pregnancy journey.



Bump It Up (Penguin, £14.99) by father of three Professor Greg Whyte OBE has a foreword by Davina McCall and contains an exercise and eating plan for before, during and after pregnancy

GREG'S FOUR GOLDEN RULES

For exercise during pregnancy

1 During this time, aim for maintenance of fitness rather than improvement.

2 Reduce the intensity of exercise – walking/running pace, amount of weight lifted – to a moderate level.

3 Don't take on any new sports or exercises during pregnancy.

4 Include pelvic floor exercises in your exercise routine – a strong pelvic floor can help with the delivery.

EXPERT ADVICE

Eating well during pregnancy

Sports nutritionist Anita Bean highlights key dietary advice for mums-to-be during the early stages of pregnancy

With all the extra demands on your body, pregnancy is not the time to skimp on training fuel or go on a diet. Eating too few calories can put your baby's growth and health at risk. On the other hand, you don't need to eat for two. Calorie intake doesn't increase much during the first and second trimesters, so you should eat roughly the same amount of food as you did before becoming pregnant, and follow NHS advice to take a supplement containing 400 micrograms folic acid (up to the 12th week) and 10 micrograms vitamin D.

During pregnancy, blood sugar levels are more susceptible to dip so make sure you fuel properly pre-workout. If you exercise first thing in the morning or you've had a gap longer than 4 hours since



EAT WELL Anita Bean says getting the balance right in pregnancy is key

eating, have a high-carb snack such as a banana or a fruit and nut bar. This will help your body sustain healthy blood sugar levels throughout your workout.

Hydration is especially important when you're pregnant because your body is making amniotic fluid for the baby. Drink 350-500ml around 2-4 hours before exercising and 150-250ml every 20 minutes during exercise. Even if you don't feel thirsty afterwards, replenish the fluids lost during the exercise.

If there will be more than 2 hours until your next mealtime, eat a recovery snack, such as yogurt with fruit.

Your pregnancy nutrition goal is to replenish every calorie burned. Remember, you're exercising for cardiovascular fitness and wellbeing, not fat loss.

24 HOURS ON MY PLATE



Anita Anand

The journalist and broadcaster admits that she never travels without her beloved chilli sauce

'I got up at 5am to write as I have a book deadline looming. I had three cups of builder's with skimmed milk before my sons woke at 8am. It was a sunny day so we went out for breakfast – sliced avocado and halloumi on a muffin with a dash of chilli sauce, plus an Americano with milk.

'After a walk in the park we headed home where I cooked lamb mince with peas, cannellini beans and tomatoes for lunch. However, it was so hot that we plumped for sandwiches instead – cheese and ham on brown with cucumber and carrot sticks – plus a Diet Coke. Then it was back to the park to for a kickabout and an ice cream. Back home it was tea and bed for the kids followed by supper with my husband: the lunchtime mince with brown rice and another Diet Coke before collapsing in front of the TV and bed at 10pm.

'My downfall is chilli sauce, which, along with caffeine, is the glue that holds me together. I have it on everything. As a child my doctor father used to say that if I carried on using so much my insides would dissolve by age 12. I also can't resist milk chocolate and often dip into my son's reward jar to satisfy my cravings!'

Anita Anand is the co-author of *Koh-i-Noor: The History Of The World's Most Infamous Diamond* (Bloomsbury, £8.99), out now

The verdict

Emma Williams, Waitrose nutritionist, says

'Avocado provided potassium, vitamin B6 and healthy fats, but for less saturated fat try light halloumi.

Cucumber and carrot sticks were a great lunch addition, but ham is high in salt. Brown bread and rice, and pulses boosted your fibre intake. You stayed hydrated but enjoy chocolate and ice cream in moderation. The ice cream had 30g of sugar – the recommended daily limit.'



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