

## Lecture: How Pregnancy Affects Your Body – Exercise, Posture and Preparing for Birth

By specialist physiotherapeut Shirin Zarur

Pregnancy is a unique time of change, and while it brings incredible growth, it can also challenge your body in ways that are often surprising. Many women experience new discomforts, questions, or uncertainty about how to move safely – and this lecture is designed to give you knowledge, tools, and confidence to take care of yourself throughout pregnancy and beyond.

In this interactive session, you will learn both theory and practice, including:

- **How pregnancy impacts your muscles, ligaments, pelvis, and spine**  
Understand the physical changes that occur in your body, why certain pains or instabilities may arise, and what you can do to support your back and pelvis.
- **The pelvic floor – training for birth and recovery**  
Learn how your pelvic floor is affected during pregnancy, how to prepare it for labour, and how to begin supporting recovery right after birth.
- **Posture: relieve and support your back**  
Discover how to adjust your posture to reduce pain, support your growing belly, and create habits that protect your back in daily life.
- **Exercise during pregnancy: why it matters and how to adapt**  
Explore why movement is so important during pregnancy, what types of exercises are safe, and how to modify your training.

Finally, we'll end with an **open Q&A session**, giving you the chance to ask your own questions and get personalised advice for your situation.

This lecture is for every pregnant woman who wants to feel stronger, more supported, and more confident in her body during pregnancy and after birth.

Dates: 18/9, 13/11

Time: 12.00

Digital lecture with Google Meet: <https://meet.google.com/goq-noqr-otr>

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