

Motherwell Maternity
Fitness Plan

CORRESPONDENCE EDUCATION PROGRAM # 80.

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LEARNING OBJECTIVES

After reading *Motherwell Maternity Fitness Plan*, the participant will be able to:

1. Understand how to achieve proper body alignment.
2. Understand how back discomfort can be prevented.
3. Explain the recommended exercise intensity level for pregnant women.
4. Understand the importance of weight training for pregnant women.
5. Identify the muscles involved in core stability and spinal alignment.
6. Understand what causes wrist discomfort and how to alleviate it.
7. Identify the pelvic floor exercises used to develop core and pelvic muscles.
8. Understand the changes in circulation that occurs during pregnancy.
9. Explain the importance of the cool down after exercise.
10. Explain how to perform an effective cool down.
11. Understand the changes in the gastrointestinal system that occurs during pregnancy.
12. Understand the changes in the cardiovascular system that occurs during pregnancy.
13. Identify the musculoskeletal discomfort that can occur during pregnancy.
14. Understand the affects of the hormone relaxin on joints and cartilage.
15. Explain the benefits of exercise during pregnancy.
16. Explain the blood pressure and heart rate changes that occur during pregnancy.
17. Explain techniques used to help avoid injury risk while exercising during pregnancy.
18. Understand the postural changes that occur during pregnancy.
19. Explain correct lifting techniques.
20. Explain the purpose of diaphragmatic breathing.
21. Understand the importance of increasing calorie intake during pregnancy.
22. Explain how to prevent occurrences of hypoglycemia.
23. Explain the 80/20 rule used to guide diet choices during pregnancy.
24. Understand the benefits of performing water exercise.
25. Explain how to measure exercise intensity during pregnancy.
26. Explain when a pregnant woman needs to discontinue her exercise session.
27. Identify the symptoms of overtraining.
28. Understand the changes in dietary mineral requirements that occur during pregnancy.



CEC/CEU TEST FOR: Motherwell Maternity Fitness Plan

Please choose the best answer. Put all answers on the answer sheet.

- 1. It is important for women to adopt a healthy lifestyle before conceiving because _____.**
 - A. Exercising strenuously can help a woman get pregnant easier
 - B. Stringent dieting before pregnancy can help prevent excessive weight gain
 - C. Developing a healthy lifestyle before pregnancy helps support fetal growth and development during pregnancy.
 - D. All of the above.

- 2. Before conceiving a woman's health care provider may recommend that she _____.**
 - A. Take prenatal vitamins to help insure a healthy pregnancy
 - B. Discontinue taking any over-the-counter multi-vitamins
 - C. Lose any excess weight to prevent obesity during pregnancy
 - D. Discontinue doing any exercise except walking

- 3. To help prepare for a healthy pregnancy, a woman should consider all of the following recommendations except:**
 - A. Eat lots of red meat to increase protein intake
 - B. Eat lots of fruits and vegetables
 - C. Stop smoking cigarettes or take a smoking cessation class
 - D. Have any x-rays or diagnostic tests done before becoming pregnant

- 4. Walking daily is recommended in order to ____ and ____.**
 - A. Burn calories; prepare the body for pregnancy related changes
 - B. Build stamina; lost weight
 - C. Elevate mood; lose weight
 - D. Elevate mood; prepare the body for pregnancy related changes

- 5. When walking, proper body alignment consists of keeping _____.**
 - A. The shoulders over the hips, ears over the shoulders, and the chin up
 - B. The shoulders in front of the hips, ears over the shoulders, and the chin up to align the neck with the spine
 - C. The shoulders over the hips, the ears over the shoulders, and the chin tucked in to align the neck with the spine
 - D. The shoulders over the hips, the neck flexed slightly forward and the chin held up

- 6. When doing aerobic exercise before becoming pregnant, a woman should exercise at _____.**
- A. Maximal intensity
 - B. Minimal intensity
 - C. Any comfortable intensity
 - D. Moderate intensity
- 7. When performing strength training while trying to conceive, it is recommended that _____.**
- A. Heavy weight be used to build strength
 - B. Light or very light weight be used with no increase in sets or reps
 - C. Strength be maintained by reducing the weight and increasing the reps
 - D. Weight lifting should be avoided until after delivery
- 8. When trying to become pregnant women should limit their time in hot tubs and saunas because _____.**
- A. Spending time a hot tub or sauna can result in dehydration that during the early weeks of pregnancy could possibly result in birth defects
 - B. Spending time in a hot tub or sauna can cause an elevated internal body temperature that during the early weeks of pregnancy may contribute to birth defects of the spine
 - C. Exposure to viruses and bacteria in hot tubs or saunas could cause illness that could contribute to birth defects
 - D. A wet environment could be hazardous due to the possibility of a fall
- 9. The core is defined as the _____.**
- A. The lower part of the body consisting of the muscles of the legs
 - B. Abdominal muscles only
 - C. The central part of the body consisting of all muscles that support the spine
 - D. The upper part of the body consisting of the muscles of the chest and back
- 10. Stability is defined as _____.**
- A. The ability of the body to maintain or return to a state of equilibrium
 - B. The ability of the body to shift from equilibrium
 - C. The ability to bear weight on both feet equally
 - D. The ability to balance and stand on one leg
- 11. Which muscles respond first to keep the spine aligned?**
- A. Shoulder muscles and chest muscles
 - B. Gluteal muscles
 - C. Abdominal muscles
 - D. Deep muscles of the spine and abdominal muscles

12. It is important to strengthen the muscles of the core in order to _____ and to _____.

- A. Help the abdomen maintain its strength; make it easier for the abdomen to return to its pre-pregnancy shape
- B. Strengthen the superficial muscles of the spine; prevent spinal overload from the growing uterus
- C. Improve comfort and function; prevent back injury
- D. Improve posture; prevent hyperextension in the lower back

13. "To move from the core" means _____.

- A. The deep muscles of the spine and the abdominal muscles that support the spine respond first to movement to keep the spine in alignment
- B. The superficial muscles of the spine respond first to movement to support the spine and keep it in alignment
- C. The nervous system responds to movement and recruits the superficial muscles to keep the spine in alignment
- D. The deep muscles of the spine and the superficial muscles of the back respond first to movement to keep the spine in alignment

14. Wrist sensitivity during pregnancy is caused by _____.

- A. Diuresis
- B. Fluid retention
- C. Dehydration
- D. Weak muscles

15. How do you alleviate wrist discomfort when in a tabletop position?

- A. Make a fist and rest on the backs of the hands
- B. Lower body onto the forearms
- C. Perform the exercise from the fingertips
- D. Both A and B

16. Which exercise is associated with core strengthening?

- A. Toe raises
- B. Heel raises
- C. Balancing sunbird
- D. Bicep curls

17. In the tabletop position _____.

- A. The abdominal muscles should be engaged
- B. The back should be slightly curved
- C. The back should be slightly flexed
- D. The shoulders should be hiked

- 18. When performing "lying spinal twists" the shoulders should _____.**
- A. Stay on the floor at all times
 - B. Stay elevated directly under the ears
 - C. Turn side to side following the movement of the knees
 - D. Push down to lengthen the neck
- 19. When performing the sitting spinal twists with the arms overhead, the stretch should be felt _____.**
- A. In the neck
 - B. In the shoulders
 - C. From the hips to the finger tips
 - D. From the hips to the feet
- 20. Which of the following exercises is used to develop core and pelvic muscles?**
- A. Clam shells
 - B. Roll ups
 - C. Kegel exercises
 - D. Sitting spinal twists
- 21. Kegel exercises have been shown to _____.**
- A. Increase incontinence during and after pregnancy
 - B. Strengthen the abdominal muscles
 - C. Increase the possibility of bowel problems
 - D. Prevent urine leakage during and after pregnancy
- 22. Stretching after an exercise session helps _____.**
- A. Prevent muscle soreness and enhance muscle recovery
 - B. Reduce swelling in muscles and joints
 - C. Increase muscle strength
 - D. Increase muscle tone
- 23. During pregnancy, the increase in stress that occurs on the back muscles, hips and groin comes from _____.**
- A. Increased fat stores
 - B. Increased blood volume
 - C. Increased joint swelling
 - D. Increased weight of the uterus
- 24. Performing a stretch seated on a mat with the legs extended to the front and the arms reaching forward will _____.**
- A. Strengthen the hamstrings
 - B. Strengthen the gastrocnemius
 - C. Stretch the hamstrings
 - D. Stretch the quadriceps

- 25. How can the quadriceps stretch be modified?**
- A. Use a strap or towel to reach the ankle
 - B. Perform seated
 - C. Perform supine
 - D. Perform with the knee slightly flexed
- 26. When performing the squatting stretch, the hands can be _____.**
- A. Held straight out to the front
 - B. On the floor or together in front of the heart
 - C. Held straight out by the sides parallel to the floor
 - D. Anywhere that is comfortable
- 27. When stretching the hip flexors while kneeling, what modification will increase comfort?**
- A. Use a towel or blanket roll under the knee
 - B. Perform kneeling on a step
 - B. Slightly elevate the knee off the floor
 - C. Hold the position for one breath
- 28. When can the "elevated leg stretch on the wall" flexibility exercise be performed?**
- A. Only in the first trimester
 - B. In the second trimester
 - C. In the third trimester
 - D. Before pregnancy, first trimester, or postpartum
- 29. The cool down is just as important as the warm up because _____.**
- A. When exercise stops, the blood pools in the lower extremities
 - B. It helps prevent dizziness and possible fainting
 - C. It helps re-establish circulation which brings oxygen and nutrients to the muscles
 - D. All of the above
- 30. During pregnancy circulation tends to _____.**
- A. Become faster
 - B. Not change at all
 - C. Increase in the internal organs
 - D. Become sluggish
- 31. Where does the blood accumulate when blood pooling occurs?**
- A. In the internal organs
 - B. In the legs and ankles
 - C. In the arms and torso
 - D. In the heart

32. Pregnant women are advised to avoid motionless standing for a long time because _____.

- A. It can put additional stress on the heart
- B. Less oxygen travels to the brain and to the fetus
- C. It can cause fainting or dizziness
- D. All of the above

33. One purpose of the cool down is to _____

- A. Increase heart rate
- B. Re-establish circulation
- C. Increase respiration rate
- D. Increase blood pressure

34. What are the parts to an effective cool down according to Berk?

- A. Slow down aerobic exercise
- B. Decrease heart rate and respiration rate
- C. Rest body with conscious breathing and relaxation
- D. All of the above

35. After completing the cool down, a pregnant woman should _____.

- A. Stand up quickly
- B. March in place for several minutes
- C. Walk around slowly
- D. Do a few minutes of aerobic exercise

36. After completing an exercise session a pregnant women should replenish fluids immediately and eat a meal or snack _____.

- A. Within 3 hours after exercising
- B. Within 2 hours after exercising
- C. Within 1 hour after exercising
- D. Within 4 hours after exercising

37. What happens to the gastrointestinal system during pregnancy?

- A. It becomes faster
- B. It stays the same
- C. It stops functioning
- D. It slows down

38. Cardiovascular changes that occur during pregnancy include _____

- A. Increase in blood volume
- B. Blood vessels constrict
- C. Blood vessels dilate
- D. Both A and C

- 39. Two of the most common digestive problems that occur during the first 20 weeks of pregnancy are _____.**
- A. Nausea and vomiting
 - B. Diarrhea and vomiting
 - C. Stomach pains
 - D. Diarrhea and nausea
- 40. Musculoskeletal discomforts include _____.**
- A. Carpal tunnel syndrome
 - B. Less tolerance to heat
 - C. Upper and lower back discomfort
 - D. Both A and C
- 41. During pregnancy the enlarged uterus can cause _____.**
- A. Ankle swelling
 - B. Excess weight gain
 - C. Shortness of breath and rib cage discomfort
 - D. Joint injury
- 42. All of the following are valid strategies to help provide relief from nausea and vomiting except _____.**
- A. Sucking on ice cubes or an ice popsicle
 - B. Eating large meals 3 times a day
 - C. Wearing a sea band
 - D. Sniffing or sucking on lemons
- 43. Which hormone that is secreted during pregnancy softens cartilage and affects all joints?**
- A. Insulin
 - B. Estrogen
 - C. Relaxin
 - D. Cortisol
- 44. Which of the following is recommended to help prevent joint injury during pregnancy?**
- A. Never stretch the legs or hips
 - B. Avoid making quick changes in direction when walking or exercising
 - C. Include daily activities that require bouncing at the knees
 - D. Avoid lower back and abdominal strengthening exercises
- 45. Hormonal influences may cause an increased appetite, which leads to _____.**
- A. Excess weight gain
 - B. Excess weight loss
 - C. Swollen ankles
 - D. Swollen fingers and face

46. The hormone _____ can slow the digestive tract which may result in _____.

- A. Progesterone; constipation
- B. Relaxin; diarrhea
- C. Relaxin; constipation
- D. Estrogen; diarrhea

47. To increase sluggish circulation, pregnant women should _____

- A. Sit for 20 min at a time or longer
- B. Exercise at least 30 minutes on most days of the week
- C. Stand for longer than 15 minutes at a time
- D. Stay supine for 20 min at a time

48. Drinking 8 to 10 glasses of water a day and eating high fiber foods may help to prevent _____

- A. Heartburn
- B. Ankle swelling
- C. Constipation and hemorrhoids
- D. Excess weight gain

49. Regular exercise has been shown to _____

- A. Decrease the severity of varicose veins
- B. Increase the severity of varicose veins
- C. Increase weight gain
- D. Decrease circulation

50. Heart rate increases at the end of the second trimester by _____.

- A. 5 bpm
- B. 20-25 bpm
- C. 10-15 bpm
- D. 30 bpm

51. Blood pressure tends to decrease during pregnancy due to higher levels of _____.

- A. Relaxin
- B. Stress
- C. Progesterone
- D. Insulin

52. Leg cramps can be caused by _____.

- A. Slowed circulation
- B. Calcium deficiency
- C. Too many carbonated beverages
- D. All of the above

- 53. Headaches during pregnancy may be relieved by _____.**
- A. Exercise
 - B. Pressure point massage
 - C. Aspirin
 - D. Cold packs on the forehead
- 54. The earlier abdominal strengthening is performed _____.**
- A. The higher the risk for developing low back pain
 - B. The higher the risk for developing upper back pain
 - C. The lower the risk for developing low back pain
 - D. The lower the risk for developing upper back pain
- 55. One way to relieve carpal tunnel syndrome is to include _____ in the exercise program.**
- A. Wrist circles
 - B. Bicep curls
 - C. Pull ups
 - D. Hand stretches
- 56. One of the most common causes of premature labor is _____.**
- A. Urinary tract infections
 - B. Urinary incontinence
 - C. Frequent emptying of the bladder
 - D. Kegel exercises
- 57. Torso stretches assist in _____.**
- A. Helping breathing to become easier
 - B. Enlarging the diaphragm
 - C. Re-aligning the rib cage
 - D. Creating more room for the uterus
- 58. As pregnancy advances, the curve which naturally exists in the upper back _____.**
- A. Is less pronounced due to the enlarged uterus
 - B. Is more pronounced due to increased breast weight
 - C. Is not affected by the pregnancy
 - D. Becomes straighter and is less pronounced
- 59. The enlarged uterus causes _____.**
- A. Decreased lumbar spine curve accentuation
 - B. Decreased cervical spine curve accentuation
 - C. Increased cervical spine curve accentuation
 - D. Increased lumbar spine accentuation

60. Good sitting posture consists of _____.

- A. Knees at 45 degrees either at or above hip level
- B. Knees at 90 degrees either at or above hip level
- C. A slight outward curve in the lower back
- D. No curvature in the lower back

61. What is the key to chronic low back problems?

- A. A sedentary lifestyle
- B. Lifting heavy weights
- C. Poor body mechanics
- D. Standing on a hard surface for long periods

62. Proper lifting mechanics include _____.

- A. Bringing the object close to the body, bending at the knees, and using the legs to stand up
- B. Holding the object away from the body and using the legs to stand up
- C. Holding the object away from the body, bending at the hips, and using the back to stand up
- D. Bringing the object close to the body, keeping the knees straight, and using the back to stand up

63. Weight shifting back and forth while moving a long levered tool to do household chores is _____.

- A. Less stressful on the back
- B. A good activity to strengthen leg, back, and abdominal muscles
- C. More energy efficient than using the arms
- D. All of the above

64. Which of the following is not a valid recommendation for foot care during pregnancy?

- A. Shoe size may change due to expansion of the foot
- B. Having a pedicure and soaking the feet in hot water helps provide relaxation
- C. Shoes with ridged crepe or rubber soles should be worn to help with traction
- D. Avoid wearing clogs, high heels, and shoes with leg or ankle straps

65. Stretch marks are generally hereditary and are _____.

- A. Preventable with the use of special creams
- B. Also known as cholasma
- C. Not preventable but usually fade after delivery
- D. Caused by overstretching of the skin

- 66. Deep diaphragmatic breathing has been shown to help all of the following except _____.**
- A. Toning the abdominal muscles
 - B. Strengthening the gluteal muscles
 - C. Improving blood flow
 - D. Calming the nervous system
- 67. Diaphragmatic breathing stimulates the _____ which helps _____ the body during labor and delivery.**
- A. Contraction of muscles; prepare
 - B. Sympathetic nervous system; calm
 - C. Parasympathetic nervous system; calm
 - D. Central nervous system; relax
- 68. Belly breathing where the belly expands during inhalation and relaxes during exhalation is known as _____.**
- A. Expansive belly breathing
 - B. Passive belly breathing
 - C. Contracted belly breathing
 - D. Active belly breathing
- 69. Exercises that immobilize the chest wall help develop _____.**
- A. A decreased awareness of the diaphragm
 - B. Stronger abdominal muscles
 - C. Increased awareness of the diaphragm
 - D. Stronger low back muscles
- 70. To strengthen the diaphragm you should _____.**
- A. Consciously breath deeply while standing
 - B. Consciously breath deeply while performing exercises such side bends and twists
 - C. Consciously breath deeply while stretching the arms overhead
 - D. All of the above
- 71. Which of the following is not one of the five strategies for learning diaphragmatic breathing?**
- A. Activate the muscles of the rib cage and back
 - B. Find your natural rhythm
 - C. Strengthen the diaphragm
 - D. Increase activity in the chest wall

72. Which of the following is the correct technique for performing the water pitcher breathing exercise?

- A. Exhale, expanding the abdomen, the rib cage, and the chest; inhale with the chest falling first, the ribs contracting, and the abdomen pulling in
- B. Inhale, contracting the abdomen, lifting the rib cage and the chest; exhale expanding the abdomen, pull in the rib cage and dropping the chest
- C. Inhale, expanding the abdomen, the rib cage, and the chest; exhale pulling in the abdomen first, contracting the ribs and dropping the chest
- D. Inhale, expanding the abdomen, the rib cage, and the chest; exhale with the chest falling first, the ribs contracting, and the abdomen pulling in

73. How much should the average pregnant woman gain?

- A. 45 – 55 lbs.
- B. 25 – 35 lbs.
- C. 10 – 15 lbs.
- D. 40 – 50 lbs.

74. A pregnant woman should eat approximately 150 additional calories per day in the first trimester and how many more calories per day in the second trimester?

- A. 350 cal/day
- B. 700 cal/day
- C. 550 cal/day
- D. 100 cal/day

75. What is the only nutrient that fuels the growth of the baby?

- A. Breast milk
- B. Protein
- C. Glucose
- D. Prenatal vitamins

76. Hypoglycemia is likely to occur if the pregnant woman goes more than _____.

- A. 1 hour without eating
- B. 30 minutes without eating
- C. 4 hours without eating
- D. 8 hours without eating

77. To eat nutritiously, Berk advocates the 80/20 rule, which suggests that the pregnant woman _____

- A. Make healthy decisions 20% of the time and eat what she craves 80% of the time
- B. Eat 80% of her food in the morning and 20% in the evening
- C. Eat 20% of her food in the morning and 80% in the evening
- D. Eat 20% of what she craves and make healthy decisions 80% of the time

78. A pregnant woman who participates in morning exercise should

- A. Skip eating breakfast and eat an early lunch
- B. Wait until midmorning to exercise so lunch can be eaten first
- C. Eat a full breakfast just before exercise
- D. Drink at least a glass of juice before exercise

79. One way for the pregnant woman to avoid excessive weight gain is to

- A. Eat a nutritious breakfast
- B. Eat meals rapidly to fill up quickly
- C. Eat only the food she craves
- D. Eat only 2 snacks a day

80. According to the U.S. Food and Drug Administration, which type of food should be avoided during pregnancy?

- A. Hard cheese and cottage cheese
- B. Well done thoroughly cooked beef
- C. Shark, swordfish, king mackerel, and tilefish
- D. Canned fish or farm raised fish

81. What happens to protein and calcium needs during pregnancy?

- A. They quadruple
- B. They remain unchanged
- C. They double
- D. They decrease

82. The need for iron in pregnancy _____.

- A. Decreases during the third trimester
- B. Increases during the third trimester
- C. Does not change
- D. Increases during the first trimester, then decreases

83. Research supports _____ to be safe and beneficial in pregnancy.

- A. Maximal intensity exercise
- B. Moderate intensity exercise
- C. Walking only 2 days a week
- D. No exercise after the first trimester

84. Why is swimming a beneficial exercise during pregnancy?

- A. Because the water conceals weight gain
- B. Because of the increased water temperature
- C. Because the buoyancy of the water is less stressful on joints
- D. Because exercise in water increases the heart rate

- 85. During pregnancy how much does the metabolic rate increase?**
- A. 60 – 70% at rest
 - B. 10 – 12% at rest
 - C. 15 – 20% at rest
 - D. 30 – 35% at rest
- 86. Research has shown that women who exercise regularly while pregnant _____.**
- A. Have less occurrence of lower back, leg, or pelvic discomfort than non-exercisers
 - B. Gained less weight than non-exercisers
 - C. Accumulated less fat than non-exercisers
 - D. All of the above
- 87. The three factors that seem to influence a decrease in maternal discomforts include all of the following except _____.**
- A. Exercising on a regular basis
 - B. Eating a low calorie diet
 - C. Performing weight bearing exercise
 - D. Performing exercise sustained over time
- 88. Symptoms of overtraining include fatigue, pain, decreased motivation, increased susceptibility to injury, and _____.**
- A. Confusion
 - B. Decreased fatigue
 - C. Dizziness
 - D. Common infections
- 89. If a pregnant woman experiences shortness of breath and chest pain during exercise, she should _____.**
- A. Rest for several days between exercise sessions
 - B. Reduce the intensity of the exercise
 - C. Stop exercising and seek medical attention
 - D. Change her exercise program
- 90. Which of the following recreational or sports activities is not recommended for a pregnant woman?**
- A. Walking
 - B. Swimming
 - C. Water skiing
 - D. Stationary cycling

91. What measure of exercise intensity should be used after the first trimester?

- A. METs
- B. Rating of Perceived Exertion
- C. Karvonen formula
- D. Max Heart Rate formula

92. Practicing meditation is beneficial in helping a woman prepare for labor and delivery because _____.

- A. It helps a woman learn to control her body and emotions
- B. It helps decrease stress and nervousness
- C. It helps a woman learn to calm down and release the need to control
- D. Both B and C

93. To help with the feelings of low energy that occur early in pregnancy, a woman can _____.

- A. Exercise for short periods several times a day to conserve energy
- B. Eat large meals three times a day
- C. Eat refined sugars to raise the blood sugar level
- D. Eat foods that are fat free or very low in fat

94. During the second and third trimester pregnant women are advised not to do exercises lying flat on their back because _____.

- A. The growing uterus presses on the inferior vena cava reducing the amount of blood flow to the baby
- B. The growing uterus presses on the sciatic nerve and causes pain and discomfort
- C. The growing uterus presses on the aorta reducing the blood flow to the baby
- D. Exercising while lying flat shunts too much blood to the abdominal organs and not enough to the working muscles

95. As pregnancy progresses, it is recommended that the diet consist of _____.

- A. 50 – 60% carbs, 15 – 20% fat, and 25 – 35% protein
- B. 65 – 75% carbs, 10 – 15% fat, and 25 – 35% protein
- C. 55 – 75% carbs, 15 – 25% fat, and 10 – 35% protein
- D. 45 – 65% carbs, 20 – 35% fat, and 10 – 35% protein

96. Fetal movements are best counted _____.

- A. Immediately after getting up in the morning
- B. Just before going to bed at night
- C. Right after eating lunch or dinner
- D. Immediately after completing an aerobic exercise session

- 97. What type of exercises will address back discomfort in the third trimester?**
- A. Rounded cat stretch
 - B. Frog pose
 - C. Elevated leg stretch on wall
 - D. All of the above
- 98. During the third trimester, if the size and weight of the baby make certain exercises uncomfortable, a woman may need to _____.**
- A. Stop exercising completely
 - B. Exercise seated in a chair
 - C. Perform all exercises lying on the side
 - D. Perform all exercises standing
- 99. All of the following exercises can be performed when normal labor is progressing except _____.**
- A. Belly dance
 - B. Wall assisted body stretch
 - C. Shoulder stretch
 - D. All of the above can be performed
- 100. When performing exercise after delivery, a lactating mom should drink _____.**
- A. 8 ounces of water before and 2 ounces of water after exercise
 - B. At least 12 ounces of water before exercise
 - C. 16 ounces of water after exercise
 - D. At least 8 ounces of water before and after exercise

