



Octane
FITNESS™

Elliptical Trainers and Pregnancy

Ideal Exercise Machine Provides Benefits to Moms and Babies

Numerous advantages of exercise

Research continually indicates that exercise provides a wealth of benefits to women during and after pregnancy and to their babies as well. For instance, pregnant women who exercise typically gain less weight than those who don't work out—approximately eight pounds less, according to one study. Exercise during pregnancy also reduces risk of the dangerous condition of pre-eclampsia by 35%. And exercise can make labor and delivery shorter and better tolerated; when compared to sedentary women, exercising expectant moms have 30% more uncomplicated, spontaneous and shorter deliveries, 35% fewer need pain relief, 75% less require operative intervention and 75% fewer suffer from maternal exhaustion.

Other proven benefits of exercise during pregnancy include:

- Helps control swelling in hands and feet
- Minimizes leg cramps and varicose veins
- Reduces fatigue and insomnia and increases energy
- Minimizes constipation
- Decreases incidence of backaches and pelvic pressure (Less than 10% in exercisers compared to 40% in sedentary women)
- Enhances self-esteem

Also, women who have exercised during pregnancy benefit from a five to 10 percent increase in maximal aerobic capacity, which results in greater endurance approximately six months to one year after giving birth. After delivery, exercising women report a physical and emotional recovery that is about twice as fast as non-exercisers. In fact, at six months post-partum, 55% of exercisers have returned to their pre-pregnant weight and percent body fat; and 75% have at one year.

Furthermore, exercise during the post-partum period:

- Boosts energy and fights fatigue
- Improves abdominal tone
- Decreases stress levels and provides important personal time
- Enhances body image

But the benefits of exercise aren't limited to moms; babies of exercising women reap rewards as well, as studies have shown that these babies score significantly higher in orientation behavior toward environmental stimuli (more alert) and in their ability to self-quiet.

Babies of exercising mothers also:

- Generally tolerate labor better, including decreased incidence of umbilical cord entanglement and reduced meconium levels
- Are approximately 14 ounces lighter and leaner with 5% less body fat
- Have increased blood volume
- May have accelerated brain development

However, the American College of Obstetricians and Gynecologists (ACOG) recommends that every woman talk to her doctor before starting or continuing a fitness program during or just after pregnancy. Several absolute and relative contraindications for exercise exist, so a woman's personal physician's advice always should prevail.

Of course, pregnancy and the postpartum period create enormous physiological and psychological changes and new stresses, and women must carefully listen to their bodies and modify or decrease workouts as necessary. According to ACOG, a woman should stop exercising and consult her doctor immediately if she experiences any of the following symptoms: increased uterine contractions, vaginal bleeding or amniotic fluid leakage, dizziness, shortness of breath, severe headaches and/or visual disturbance, excessive fatigue, palpitations or chest pain, numbness or edema.

Why ellipticals?

The elliptical cross trainer provides a challenging cardiovascular workout for everyone from beginners to elite athletes. Ellipticals combine the motion of stairclimbers with cross-country skiers—with the feet traveling in an egg-shaped, or elliptical, motion for a simple to use, effective workout. Most units allow for forward and backward movement, and some include arms synchronized with the legs to disperse the workload throughout the entire body so exercisers can work harder without feeling the increased intensity.

Total-body elliptical cross trainers from Octane Fitness are an optimal choice for pregnant and post-natal exercisers, with valuable advantages over other machines.



Elliptical Cross Trainer Feature	Octane Fitness Advantage
<p>Effective – Compared to other exercises, research shows that total-body elliptical cross trainers provide excellent cardiovascular workouts with significant oxygen consumption and caloric expenditure—even greater than walking.</p>	<p>Octane Fitness' investment in research and development has resulted in the unique Body Mapping Ergonomics™ that delivers the most natural, safe and effective motion. Also, Octane's interactive heart rate programs provide a wealth of efficient, motivational workouts with important feedback.</p>
<p>Total-body –Studies have shown that total-body elliptical cross trainers engage the gluteals, hamstrings, quadriceps, calves, pectorals, lats, deltoids, biceps and triceps—all on one machine, unlike other equipment such as treadmills, stationary cycles, stairclimbers and lower-body-only ellipticals. The result is optimal calorie blasting, which is important to moms trying to get back to pre-pregnancy weight.</p>	<p>The low pivot point, multi-position handlebars facilitate natural upper body motion and encourage proper posture while also stimulating the core muscles of the abdominals and back.</p>
<p>Low impact – High impact, ballistic activities can be tough on post-natal and nursing moms as well as pregnant figures that already are bearing the stress of additional weight. The beauty of elliptical trainers is that they minimize stress to the back, hips, knees, ankles and feet.</p>	<p>With Body Mapping Ergonomics™, the motion is fluid, natural and biomechanically correct, which is critical to comfort and workout adherence. Also, Octane's pedals support the feet throughout the entire range of motion for less impact.</p> <p>Octane Fitness has the closest spacing between the pedals to minimize lateral shifting of the hips, which reduces the risk of back pain—a condition that pregnant woman already experience and don't want to exacerbate during workouts.</p>
<p>Weight-bearing & comfortable – Elliptical cross trainers let exercisers reap the benefits of upright, weight-bearing exercise without any jarring motion or discomfort such as that of cross-country skiers where the belly must be anchored against a pad. Also, seated exercise such as cycling or rowing can be particularly uncomfortable for post-natal women.</p>	<p>Engineers at Octane Fitness devote extensive resources to deliver the most ergonomically correct stride length, height and angle as well as consistent acceleration for the most comfortable workouts possible.</p>
<p>Exercise variety – Unlike treadmills, stationary cycles and stairclimbers, virtually every workout on ellipticals can be different by making the legs move forward or backward or isolating the upper- or lower-body—which ultimately minimizes boredom, enhances motivation and leads to greater results.</p>	<p>Octane's DedicatedLogic™ programming makes it easy to get on and go as well as change programs, time or resistance in the middle of any workout for unmatched customization.</p> <p>A variety of programs, including innovative, interactive heart rate workouts, ensure safe, efficient and effective exercise sessions. The X-Mode+™ Interactive Trainer is like having a personal trainer encourage cross-training by prompting exercisers to push arms, pull arms, squat, go backwards and more. And the GluteKicker™ mode helps expectant and new moms target troublesome areas: the glutes, hips and thighs.</p>
<p>Safety – Pregnant women with limited balance, a changing center of gravity and greater joint laxity don't have to worry about slipping on a moving treadmill belt or rotating staircase because they individually power the motion on ellipticals.</p>	<p>Octane Fitness provides numerous, unique heart rate programs where exercisers can set their individual intensity targets, which is ideal for pregnant women who prefer to keep their heart rates at a specific level.</p> <p>When mounting and dismounting, exercisers benefit from a low step-up height and stationary handlebars that provide stability.</p> <p>All linkages are fully enclosed under shrouds, so curious kids and pets are safe.</p>



Thoughtful extras

Premium manufacturers like Octane Fitness consider virtually everything to make workouts on its elliptical cross trainers a great experience. Octane's quiet, simple operation is a huge advantage, so new mothers can easily exercise during baby's naptime. Also, a built-in reading rack and accessory tray with compartments for the phone, remote control or personal stereo, as well as a water bottle holder, allow pregnant and nursing women to conveniently store essentials and stay hydrated.

In addition, Octane Fitness machines are 8-16 inches shorter than comparable ellipticals or treadmills, so they require less space, which can be helpful for moms who are inundated with an avalanche of new baby gear. And finally, parents can spend more time with their babies—or even carve out a few precious moments for themselves—because Octane equipment requires minimal maintenance.

Fueling pregnant and post-natal women's fitness

With proper medical clearance, exercise is one of the most beneficial activities women can do during and just after pregnancy. Octane Fitness elliptical cross-trainers afford health-conscious, active expectant and new mothers more efficient, unique workouts than any other cardiovascular machines.

REFERENCES

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