

**HSS****Perform**

Resources for New and Expecting Parents from HSS

Check out these resources that are developed by the experts at HSS to support parents in staying active and healthy before, during, and after pregnancy.

Exercise During Pregnancy: Myths and Facts

Learn more about what types of exercise are safe during pregnancy and how to keep your body moving. [Learn More >](#)

Top 5 Pilates Moves for Pregnancy and Postpartum

These insights from an HSS certified Pilates instructor can help you move through pregnancy, delivery and recovery more smoothly. [Learn More >](#)

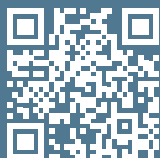
Exercise After Pregnancy: How to Regain Your Fitness

Exercising after having a baby can do wonders for mothers' physical and mental well-being. Get some guidance on returning to pre-pregnancy fitness. [Learn More >](#)

Diastasis Recti: What It Is and How to Fix It

This separation of the abdominal muscles during pregnancy can be improved with focused techniques. [Learn More >](#)

The information provided here is for general informational and educational purposes, and should not be considered medical advice for any individual problem you may have. This information is not a substitute for the professional judgment of a qualified health care provider who is familiar with the unique facts about your condition and medical history. You should always consult your health care provider prior to starting any new treatment, or terminating or changing any ongoing treatment.



To learn more or get connected with HSS Perform:

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