

Fitness Tips

Strengthen your Upper Back

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Strengthening your upper back muscles are important when you are expecting. Improving your posture is one of the many important 'jobs' your upper back muscles do. Having good posture can help minimize the strain of your ever-changing pregnant body on your lower back and help prevent discomfort caused by poor posture.

The exercised below is one that can be done with either an exercise resistance tube or band, or even a set of dumbbells.

To perform the exercise:

- Sit upright on the floor or on a chair. Make sure you are sitting up straight, and you are not slouching.
- Holding a resistance tube or band, start with your arms stretched out straight in front of you, about shoulder width apart. Have the palms of your hands facing the floor.
- Breath in.
- While slowly exhaling, slowly move arms out to the side. Go only as far as your range of motion lets you.
- Hold your arms out to the side for one second.
- Slowly move arms back to the front while inhaling.
- Slowly repeat exercise up to 12 times. This is one set. Perform two or three sets.

This exercise should be performed two to three times a week, but not on consecutive days.