I wanted to use this first entry for the diary of an Active Mum, to explain what this is all about. It is for all mums and mum-to-be to share or listen about our experiences or journeys, hints and tips to support one another in keeping active for ourselves and our baby’s, especially during this unprecedented time. I want it to be as real as possible based on my own personal experiences which hopefully will put some of our minds at ease, that we aren’t alone because let’s face it this can be a strange time in our lives.

There will be some focus on remaining physically activity and the benefits of doing so, but it will not be about doing high intensity, making it look easy and still showing off the six-pack, that believe me I have never had— I turned a pregnancy exercise clip off the other day for brandishing their Trimester 1 six-pack in my face! For me it is about what exercise or activity is beneficial for baby and me, whether that be during pregnancy, labour, recovery and then moving into parenthood.

So far in the first trimester, I have broken out in spots, I have eaten rubbish because that is all that seemed to keep my sickness at bay and although I was fairly active beforehand, I have been so exhausted that exercising was nowhere on my list of things to do. I no longer seem able to chop vegetables and talk on the phone at the same time without getting out of breath,...OH and my boobs have been so tender. I have not been able to even comprehend getting them into my sports bra to go bounding around anywhere! However, I have found that going on a walk each day has really helped fight off the tiredness and cleared my mind from everything going on, not just internally or in our own little bubbles but globally recently as well. Plus I read, on a google search (that we all must be addicted to, surely) that walking regularly during pregnancy can help with coping with labour and recovery afterwards, which can’t be bad— as well as reducing gestational diabetes, high blood pressure, reducing anxiety and sleeping better during pregnancy!

For me I found the early stage of pregnancy even before “lockdown” made me feel very uncertain and isolated, like none of this is real (I am still not so sure that it is!) and now the situation seems more surreal, although my stomach is getting bigger. I am very lucky to have incredible and supportive people around me, amazing role models as well as friends going through the exact same thing, a pregnancy in lockdown. Despite all of that, the symptoms and the situation, I feel like this is a privilege and I will do what it takes to keep baby safe as I am sure all you Mums out there will. So roll on Trimester two – let’s see what you have in store for us!

Stay safe and speak soon – Hayley.