

My centre of gravity has changed, so all the things I used to find easy to do are becoming more and more difficult. What's been wonderful is the awareness that the Alexander technique has given me. I am so conscious of how I sit, stand, walk and bend – all the movements that most of us do every day, or at least every other day. Even getting in and out of my car correctly has helped with my aches and pains – and many of us do that several times a day.

“I also began Iyengar yoga, specifically focused on pregnancy and birth, which will help with breathing correctly when I give birth. I have also been doing Tai Chi, also focusing on balance, alignment, body flow and breathing. I try to do one of the above at home or in a class at least once a day. As a result, I have felt happier, more energised and I have had much less pain.

“I am hoping to have a successful, natural home birth with my trusted midwives Eleanor and Liz, and my wonderful husband, Ray. Wish me luck!”

Wendy gave birth to baby Luka at home with a private midwife on 2 July 2000. He weighed 2.9kg. Wendy feels this experience was the most exhilarating she has ever had!



Get a lift

When lifting an object from the floor, your legs must do the work. Keep your head, neck and back aligned, and hold the object close to your body – this protects the back and makes the object seem lighter.

