

exercising while pregnant

Can I exercise while pregnant?

If you are healthy and your pregnancy is not high-risk, it is safe to exercise. Exercise does not increase your risk of miscarriage or delivering early. Keeping active is one of the best things you can do for yourself and your baby during your pregnancy.

How much exercise is safe?

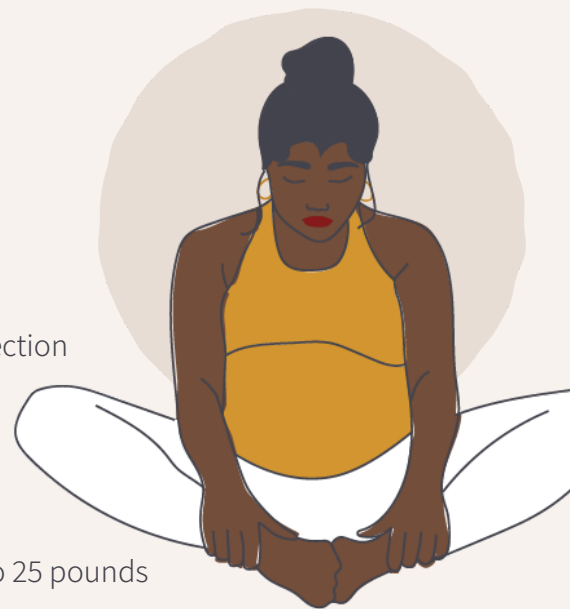
It's good for you to do moderate exercise for 30 minutes, five days a week. Moderate exercise means that you start to sweat and your heart rate goes up. Your definition of moderate exercise may change as your pregnancy progresses. Listen to your body and do what feels good! Walking is a great moderate exercise but see the next page for more options. If you are new to exercise, build up slowly.

Benefits of exercise

- Makes your heart stronger
- Reduces back pain
- Prevents constipation
- May help decrease your risk of gestational diabetes and C-section
- Improves mental health

Safe exercises

- Walking, hiking or jogging
- Swimming
- Prenatal yoga
- Stationary bicycling
- Lifting up to 25 pounds
- Bodyweight training
- Dancing



Unsafe exercises

- Contact sports where your stomach could be hit
- Activities where you could fall, like downhill skiing or outdoor biking
- Hot yoga or hot pilates, which can cause overheating
- Tanning beds, jacuzzis, whirlpools, and hot tubs
- Scuba diving
- Skydiving

What are the warning signs to stop exercising?

- Bleeding from the vagina
- Feeling chest pains, dizzy, or faint
- Repeated, painful contractions of the uterus
- If you experience these, stop exercising and call your midwife.

General guidelines for safe exercise

- Stay hydrated before and after exercising, and drink water while you exercise.
- Wear a supportive sports bra to protect your breasts. You may need a different size because breast size can change throughout your pregnancy.
- Avoid exercising outside when it's very hot or humid.
- Don't lie flat on your back. When you do, your uterus presses on a large vein that returns blood to the heart, which can lower your blood pressure.

Source: www.acog.org/en/Womens%20Health/FAQs/Exercise%20During%20Pregnancy