

Pregnancy

Recommendation:

The American College of Obstetricians and Gynecologists recommends that pregnant women can and should exercise moderately for at least 30 minutes on most, if not all, days if there are no known medical reasons to avoid it.

Note: Not all pregnant women should exercise. Talk with your doctor before beginning an exercise program.

General Guidelines:

- Make sure you eat the daily extra calories you need during pregnancy
- Drink plenty of water
- Wear comfortable clothing and bra that fits well
- Do not hold your breath during any activity
- After the first trimester, avoid doing any exercises on your back
- Avoid fast-paced exercise in hot, humid weather or when you have a fever

Exercise During Pregnancy Can:

- Increase your mood and energy
- Improve your posture and promotes muscle tone, strength, and endurance

- Improve your sleep
- Help prevent or treat gestational diabetes
- Reduces backaches, swelling, bloating and constipation

Exercises and Activities to Avoid:

- Jumping, hopping, skipping, bouncing or running
- Waist twisting movements
- Deep knee bends and full sit-ups
- Double-leg raises and straight-leg toe touches
- Skiing and horseback riding
- Contact sports (softball, football, basketball, volleyball...)

Yoga can keep you flexible and improves muscle strength.



Safe Exercises During Pregnancy:

- Walking
- Swimming
- Low-impact aerobics

Who Should Not Exercise:

- Women with medical problems such as asthma, heart disease or diabetes
- Women with pregnancy-related conditions such as:
 - Bleeding or spotting
 - Weak cervix
 - Low placenta
 - Potential for miscarriage
 - Previous premature births or history of early labor

Stop Exercising Immediately if You Notice:

- Fluid leaking from the vagina
- Vaginal bleeding
- Uterine contractions
- Dizziness or shortness of breath
- Chest pain
- Headache
- Muscle weakness
- Decreased fetal movement