

Exercise in Pregnancy

For most women, pregnancy exercise is not only safe, but also *beneficial* for their babies' and their own health during pregnancy and after birth.

Safety

For healthy women in uncomplicated pregnancies, exercising is safe and does not lead to complications. Prior medical clearance is a must.



Benefits

Exercise reduces the risk of complications, eases pregnancy symptoms, ensures healthy weight gain, and prepares the body for labor.

Warning Signs

Stop exercising and call your medical provider if you have any of the following symptoms:

Vaginal bleeding or leaking fluid, feeling dizzy/faint, shortness of breath before exercise, chest pain, headache, muscle weakness, calf pain/swelling, contractions

Frequency

Thirty minutes of moderate intensity exercise five days per week.

Best Pregnancy Exercises

- Brisk Walking
- Swimming or Water Workouts
- Stationary Bicycling
- Prenatal Yoga
- Prenatal Pilates
- Dancing
- Kegels
- Resistance Band Exercises



Exercises to Avoid

- Contact Sports
- Sports that risk getting hit in the abdomen
- Activities that may result in a fall (skiing, gymnastics, horse back riding)
- Hot Yoga or Hot Pilates
- Scuba Diving

