

# Exercise during Pregnancy

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- Done safely, exercise during pregnancy has many benefits including improved mood, energy and sleep and decreased constipation, bloating, swelling, and back pain
- At least 30 minutes per day is recommended
- Safe exercise means
  - avoid becoming short of breath
  - avoid anything that may cause you to strike or fall onto your belly
- Walking, swimming and yoga by a qualified instructor are good examples of safe exercise during pregnancy
- Hockey, soccer, basketball, horseback riding, downhill skiing, and gymnastics are examples of exercise that should be avoided while pregnant.
- Recommendations for exercise may change if there are any problems with the current pregnancy such as preterm labor, bleeding, low fluid level and preeclampsia
- Precautions that you should take while exercising
  - Avoid lying flat on your back (after the first 3 months of pregnancy)
  - Start off slowly and slowly increase your level of activity
  - Avoid exercising in hot or humid weather
  - Drink plenty of water
  - Wear a bra that supports your breasts
  - Stop exercising if you get out of breath and can't talk easily
- Stop exercising and call your doctor if you have

- Bleeding from the vagina
- Trouble breathing
- Feeling light-headed or dizzy
- A headache or chest pain
- Muscle weakness
- Contractions
- Fluid leaking from vagina
- Leg swelling, pain, redness, or warmth
- Noticed not feeling your baby move as much as usual

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