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Let's get

➡➡➡ **Moving!** ➡➡➡

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Even though the tendency may be to rest more during pregnancy, there are many benefits to being active! Exercising will prevent you from gaining too much weight and can reduce symptoms like constipation, swelling, back pain and aches. It will also help prevent gestational diabetes in future pregnancies and Type 2 diabetes. You will also feel more positive and confident and energetic. Studies show that you will also be more likely to have a safe vaginal delivery and an easier return to your pre-pregnancy weight. Exercising might also lessen the symptoms of postpartum depression.

Keep in mind that you are not just exercising for you, but for your baby too! Exercising might reduce the risk that your baby is born larger than average (fetal macrosomia). If your baby is in the 90th percentile for gestational age and sex puts the child at risk for shoulder dystocia during delivery and will likely lead to being heavier later in childhood and life.

Make sure your healthcare provider approves your exercise program before you start. He or she may advise you not to exercise if you have: Some forms of heart and lung disease

- Pregnancy-related high blood pressure
- Cervical problems
- Vaginal bleeding
- Preterm labor, or risk factors for preterm labor, such as preterm labor during a previous pregnancy
- A multiple pregnancy at risk of preterm labor

Aim for 30 minutes of moderate intensity activity most days of the week. If you haven't been active recently, start slowly and work up to 30 minutes. If you exercised before pregnancy, you can probably continue exercising at the same level, as long as you're comfortable and your healthcare provider approves.

Great pregnancy activities won't involve contact or risk losing your balance, especially during your second and third trimesters. Don't try to push yourself beyond what you can do. Be smart and listen to your body if you start to feel any discomfort.

- Fast walking
- Low-impact aerobics
- Stationary bicycling
- Swimming
- Prenatal Yoga

Activities to try!

Strength training is fine if you avoid lifting very heavy weights.

Tips

- Remember to warm up and cool down.
- Drink plenty of fluids.
- Avoid overheating.
- If you can't carry a conversation during your workout, you're probably pushing yourself too hard.

Do some research! Parents.com, fitpregnancy.com, and mayoclinic.com are great resources for tips on when and how to exercise during pregnancy, with plenty of pictures and routines to guide you!