



Exercising during pregnancy

CONGRATULATIONS . . .

Firstly, congratulations on your pregnancy!

It is a time for you to fully embrace being a pregnant woman and to maintain a good level of health and wellbeing. This is an information leaflet for you outlining important facts about exercise in pregnancy. It should encourage you, as well as reassure you that exercise is not only fun and enjoyable but it has great benefits for you and your baby.



Exercise forms a part of our daily lives, whether we realise it or not.

- Climbing stairs
- Walking to the shop
- Running for the bus.

During pregnancy it is important to remember that exercise is **SAFE** and **BENEFICIAL**. The aim of exercising the body during pregnancy is to **STAY FIT**, rather than reach peak fitness. So for some women, this means adjusting to a less intense routine and for other women it might mean **GRADUALLY** introducing exercise into their lifestyle.



Just some of the **BENEFITS** of exercise during pregnancy **FOR YOU**:

- Reduces discomfort of pregnancy
- Improves your mood/reduces your stress and anxiety levels
- Relieves tiredness by improving your sleep
- Decreases low back pain

- Improves muscle tone, strength and endurance
- Much easier to carry the extra weight you gain during pregnancy
- Shorter active labour stage
- Reduced intervention in labour
- Helps prevent medical conditions such as gestational diabetes mellitus and hypertension.



Exercise will also BENEFIT YOUR BABY

- Shorter labour time
- Fewer delivery complications.

What type of exercise do we recommend you do?

- Walking, yoga, aqua, aerobics, dancing, swimming, pilates, jogging, running.

How often do you do it?

If you **do not** exercise routinely, you are advised to begin with **No More** than 15 minutes continuous exercise **three times per week**, increasing gradually to a **maximum**

of 30 minutes four times per week to daily.

If you did partake in exercise regularly before pregnancy, you should be able to engage in similar exercise programmes but as the pregnancy progresses you may need to reduce your intensity. But please note- As your pregnancy progresses, you should be aiming to **gradually reduce** your overall activity.



Important guidelines for exercising

- Avoid dehydration - drink a glass of water every 15mins of exercise
- Avoid overheating
- Avoid high impact exercise, contact sport or lying flat on your back (particularly after 16 weeks)
- Avoid extreme ranges of joint positions
- Always do a warm up and a cool down pre and post exercising
- You should always be able to hold a conversation

during exercise

- STOP if you become dizzy or feel faint, develop a headache, experience pain, bleeding, leakage of your “waters” or experience any other unusual symptoms.

So remember:

Keeping active is good for you during pregnancy, follow the guidelines and stay safe.