

Staying active while pregnant

Did you know...

- Exercise increases the blood flow to the placenta which is great for your baby's growth and development
- Being physically active could mean you are less likely to experience problems during pregnancy and labour

Why stay active?

- Control weight gain
- Improve fitness
- Improve sleep
- Feel better
- Opportunity to socialise
- It helps to prevent:
 - headaches
 - stress and depression
 - pelvic pain
 - backache
 - constipation
 - cramps and swollen feet

What to wear...

- A well-supporting sports/maternity bra
- Loose, light, cool clothing
- Supportive trainers



Were you active BEFORE you became pregnant?

✓ **YES...**
Keep going!

✗ **NO...**
Start gradually

Top Tips...



1 Listen to your body

2 Aim to get active for 30 minutes, 5 times a week



3 Exercise at a low to moderate intensity - you should be able to hold a conversation

4 Drink plenty of fluids



5 Warm up and cool down

DO NOT...

- ✗ Play contact sports
- ✗ Exercise in hot / humid weather
- ✗ Exercise when feeling unwell
- ✗ Exercise when in pain or experiencing discomfort

Recommended activities



Swimming



Walking



Low impact aerobics



Pilates or Yoga



Gym-based aerobic exercise