

Exercise during Pregnancy

Becoming active and exercising at least 30 minutes on most, if not all, days of the week can be very beneficial to your health during pregnancy.

- It can help reduce backaches, constipation, bloating and swelling.
- It may prevent or treat gestational diabetes.
- It may increase your energy.
- It may improve your mood.
- It may improve your posture.
- It will promote muscle tone, strength and endurance.
- It will help you sleep better/
- It may improve your ability to cope with labor.
- It will make it easier to get back in shape after the baby is born.

Top recommended forms of exercise:

- Kegel exercises
- Walking
- Swimming
- Bicycling
- Aerobics
- Stair climbing machines
- Yoga
- Dance
- Running/Jogging, if you were a runner before becoming pregnant, although you may need to modify your routine.
- Remember that housekeeping is not considered exercise.
- Your exercise activities should be enjoyable, not painful or difficult.

Exercises to be avoided:

- Snow skiing
- Water skiing
- Horseback riding
- Hockey, basketball, soccer and other contact sports
- Scuba diving

Stop exercising and contact our office if you experience any of these symptoms:

- Vaginal bleeding
- Dizziness or feeling faint
- Increased shortness of breath
- Chest pain
- Muscle weakness
- Calf pain or swelling
- Uterine contractions
- Decreased fetal movement
- Leaking fluid