



Safe Exercise in Pregnancy

Is exercise safe in pregnancy? Yes! Not only is exercise in pregnancy safe, but it is recommended. Women with an uncomplicated pregnancy should engage in 150 minutes per week of moderate intensity aerobic and strength conditioning exercises. Moderate intensity is equivalent to a brisk walk.

During exercise stay well hydrated, wear loose fitting clothing and avoid high heat and humidity.

What activities are safe?

- Walking
- Swimming
- Stationary cycling
- Low impact aerobics
- Modified yoga and Pilates
- Running and jogging
- Tennis
- Strength training

What activities are not safe? Any activities with high risk of falling (skiing, off road cycling, horseback riding, gymnastics) should be avoided. Avoid hot yoga or hot Pilates. Scuba diving and sky diving are not safe in pregnancy.

What are the benefits of exercise during pregnancy? Regular exercise will improve and maintain physical fitness during pregnancy. There is also evidence to show lower rates of: gestational diabetes, pre-eclampsia, C-section and operative vaginal delivery (vacuum or forcep delivery). Regular exercise will even improve your recovery time in the post-partum period.

What warning signs should I watch for? Call Alliance if you experience any of the following:

- Vaginal bleeding
- Regular painful contractions
- Amniotic fluid leaking
- Shortness of breath before exercising
- Dizziness
- Headache
- Chest pain
- Muscle weakness affecting balance
- Calf pain or swelling