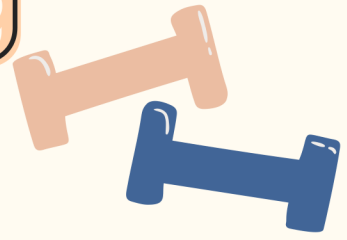


# exercise during pregnancy



## Benefits

- May lower risk of gestational diabetes, preeclampsia, c-section
- Helps with healthy weight gain during pregnancy and weight loss after birth
- Reduces back pain and relieves constipation, bloating, swelling, leg cramps, and varicose veins
- Helps relieve anxiety, insomnia, and fatigue while improving mood
- Improves posture and circulation
- Improved fitness makes it easier to cope with labor
- May help with baby's development
- Improves postpartum recovery time and makes it easier to get back into shape after delivery



## General Guidelines

- Aim for 150 minutes of moderate-intensity aerobic activity per week.
- If you're new to exercise, start slow and work your way up.
- If you were active before becoming pregnant, you may be able to continue your same routine. Check with your doctor.
- This is NOT the time to exercise for weight loss! If you start to lose weight, talk to your doctor.

**Always talk to your doctor before beginning a new program and keep your doctor updated on your activity level throughout your pregnancy.**



## Additional Recommendations

- Drink plenty of water.
- Wear appropriate clothing.
- Avoid overheating.
- Avoid holding your breath.
- Avoid standing around after intense bursts of exercise.
- Avoid exercising to the point of exhaustion.
- Listen to your body, and call your doctor if something feels off.



*One by One*<sup>™</sup>  
MINISTRIES