

Physical Activity

Being physically active during pregnancy is good for you and your baby.

Is physical activity good for you during pregnancy?

Physical activity can help in many ways.

- Increase feelings of happiness
- Decrease stress
- Increase energy
- Improve sleep
- Decrease constipation
- Decrease swelling in your feet, legs, and hands
- Help you keep a healthier weight
- Speed up recovery after labour



What should you think about when you start exercising?

If you are just starting to exercise, make sure you don't overdo it. Do light activities, like walking and swimming. Find someone to exercise with to make it more fun. Start with 5 minutes a day. Slowly increase your time to 30 minutes a day. Drink lots of water before, during, and after your activity.

If you already exercise regularly, avoid lifting heavy weights and slow down so you are not out of breath.

Slow down if you are out of breath. You should be able to talk normally while you exercise.

Yoga is an excellent form of exercise during pregnancy. During your first few months, all of the positions are safe. Yoga is a good way to develop strength. It is also a good way to learn about breathing. Learning to control your breathing will help you during labour.

Are there any exercises that aren't safe early in your pregnancy?

When you are pregnant, some types of exercise are not safe. Talk to your healthcare providers for more information.



Are there any exercises that aren't safe to do from Month 5 and onward through your pregnancy?

Avoid doing exercises flat on your stomach or back. Change them so you can do them on your side or sitting or standing.

Avoid jumping, bouncing, and jolting. This includes doing aerobics and riding horses.

If you are using weights, keep them light or moderate. Do not lift heavy weights.

If you have any of these symptoms while exercising, see your health care provider.

- Contractions that do not stop
- Bleeding
- Back, stomach, or pelvis pain that keeps getting worse
- Sudden swelling in your face, ankles, and hands
- Dizziness
- Breathlessness
- Extreme tiredness
- Difficulty walking
- Changes in your body's movements
- Swelling, pain, or redness in your lower legs

