

Your guide to staying active in pregnancy

Physical activity in pregnancy is safe and healthy

Being active benefits you and your baby

Stay active: 30 minutes a day, 4 times a week

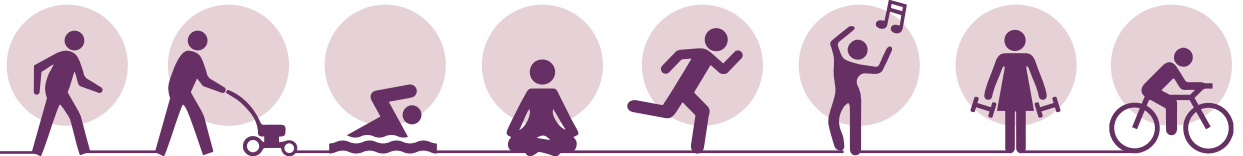
Exercising increases the blood flow to the placenta. This is great for your baby's growth and development.

4.5 times



...more likely to have a caesarean section if not active during pregnancy

Activity ideas



Always chat with your instructor or midwife to make sure activities work for you



Trimester 1

1 to 12 weeks

- If already active, continue as usual.
- If new to exercise start gently and build up - walking is a good start.
- Don't exercise in very hot conditions.
- Avoid contact sports throughout pregnancy to prevent your bump being bumped.



Trimester 2

13 to 28 weeks

- Keep going! Regular exercise make you feel better and less tired.
- Make sure you can hold a conversation. Being breathless when you talk means you are working too hard.
- Don't lie on your back for longer than a few minutes.
- Avoid stomach crunches and sit-ups.



Trimester 3

29 to 40 weeks

- Gentle swimming, walking and dancing are great.
- In the gym, cycling and rowing are gentle on your bump.
- Listen to your body - if it feels good, keep it up; if it is uncomfortable, stop and seek advice!
- Drink plenty of water.

Exercise helps prevent...

- headaches
- stress and depression
- tiredness
- pelvic pain
- backache
- constipation
- cramps and swollen feet



What's my activity goal this week?

This week, ask yourself:

- Who with?
- Which days, at what time?
- What type of activity?
- Single session or short bursts today?
- How will I reward myself?