

Exercise in Pregnancy

Why should I exercise when pregnant?

- To control weight gain
- To decrease back ache
- To decrease “postpartum belly”
- To decrease varicose veins
- To decrease constipation
- To increase energy level
- To improve sleep quality
- To decrease tension
- To improve posture
- To improve ability to cope with the physical stresses and changes of pregnancy
- To encourage a healthy labor

Recommendations for exercise in pregnancy:

- Continue your pre-pregnancy routine if possible
- Do not do exercises that can cause you to fall (skiing, horseback riding, biking)
- Avoid contact sports (football, etc)
- Avoid jumping, jarring motions, or quick changes in direction
- Keep your heart rate 140 beats per minute or less
- Stay well hydrated
- Do not exercise to the point to exhaustion
- Exercise for 30-45 minutes at a time
- Exercise regularly; at least 3 times per week
- Do not exercise during high heat or humidity
- Never exercise with a fever, vomiting, or diarrhea
- After the 4th month (week 16) do not do any exercise that requires you lay flat on your back

Recommended types of exercise:

- Low impact aerobics
- Swimming
- Stationary bicycling
- Walking
- Ball exercises
- Yoga
- Light weights
- Resistance band exercises

Do not exercise if you have:

- Vaginal bleeding
- Faintness
- Decreased fetal activity
- Generalized edema
- Back pain

If you experience any of these signs, stop the activity and call the office immediately.