

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.



Women who exercise are up to **a third less likely** to have a caesarean

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 and don't get too breathless, unless you were already exercising hard before your pregnancy.
- ✘ 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

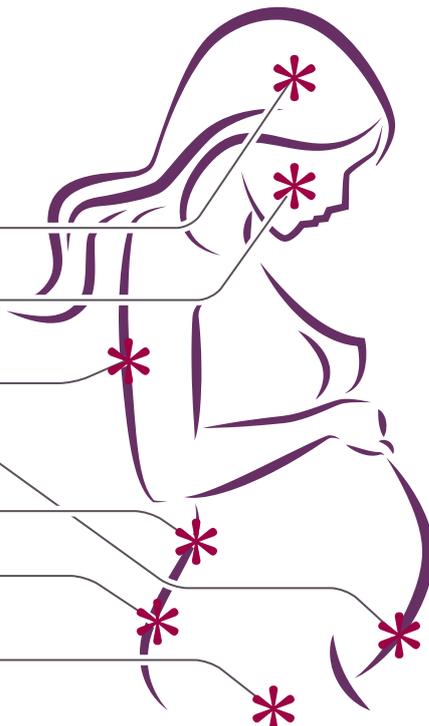
tiredness

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?