

# Pregnancy Exercise Recommendations

Studies show that exercising during pregnancy decreases your risk of excessive weight gain, constipation, gestational diabetes, and other complications; while improving muscle and joint health, self-image, and pain tolerance.<sup>(1-9)</sup> And research has found that maternal exercise is generally safe for your baby.<sup>(12-14)</sup> *The following guidelines can help you exercise safely during pregnancy.*<sup>(9-11)</sup>



## Newbies

Start slow and begin with as little as 5 minutes per day, then add 5 minutes each week until you reach your goal of at least 30 minutes per day.



## Average Exercisers

Healthy pregnant women may begin or continue at least 150 minutes per week of moderate-intensity aerobic physical activity, such as brisk walking, resistance training, or other weight-bearing activities.



## Accomplished Veterans

Women should not generally begin vigorous exercise (like running) during pregnancy, but if you were very active before pregnancy, you would often be able to continue with your birth provider's approval. (Be sure to allow adequate recovery time between workouts and reduce the intensity if you become uncomfortable.)

## Additional Healthy Tips



Eat a small pre-workout snack and drink plenty of water before, during, and after your workout.



Avoid contact sports that risk of being hit in the abdomen like soccer, and those with a high chance of falling, like skiing.



Wear loose-fitting clothing, except up top, where a sports bra can provide protection and support.



Do not exercise in particularly hot or humid environments, including *hot yoga* classes.



Water aerobics and prenatal yoga are good options for many pregnant moms.<sup>(13-19)</sup>



Avoid jerky, bouncy, or high-impact motions.



Strength training during pregnancy can help build and maintain strength, plus compensate for the weight gain and postural changes of pregnancy.



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