

# 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; 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?