

# 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

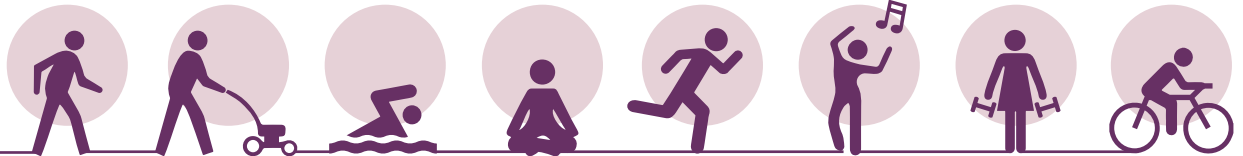
Exercising increases the blood flow to the placenta. This is great for your baby's growth and development.

## 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?