

## Physical Activity during Pregnancy

Staying active is important during all stages of your life, but it can be particularly helpful during pregnancy. There are many benefits of exercise during pregnancy:

**Feel Better and Boost Energy.** Appropriate exercise during your pregnancy can relieve backaches and improve posture, reduce constipation, and help you sleep better by relieving stress.

**Look Better.** Not only will exercise help you to maintain your weight during pregnancy, it improves blood flow to your skin, giving you a healthy glow.

**Prepare Your Body for Birth.** Exercise helps you make your muscles and heart stronger and gain control to your breathing. This can greatly ease labour, delivery, and help you manage pain.

**Regain Your Pre-Pregnancy Body More Quickly.** Exercise will help you control your weight during pregnancy, as well as maintain your current muscle and endurance. This will make it easier to begin exercise and return to your pre-pregnancy weight after delivery, once you feel ready to become active again.

**Prevent Complications.** Research studies have shown that exercise during pregnancy may help prevent problems such as high blood pressure and diabetes during pregnancy.



Healthy women should be doing at least **150 minutes of moderate aerobic activity each week**. Spreading it out over the week and dividing it up into chunks during the day is an easy way to make sure you are getting the exercise you need! Being active for 10 minutes at a time 2 or 3 times a day is all it takes!

Start slowly and progress little by little. If you start with a 5 minute walk, you can slowly build up and go for longer and work a bit harder. **Brisk walking, swimming, and cycling are all great forms of exercise.** Try not to overdo it though. You should be able to talk while being active. It is also important to stay cool and hydrated. Drink fluids before, during, and after exercising. If it is very hot or humid out, avoid outdoor activity.