



2000 Medical Parkway, Ste. 304  
Annapolis, MD 21401

## **EXERCISE IN PREGNANCY**

Being active during pregnancy will help you feel better and assist you in managing your weight gain. Your activity level should generally be based on the level you were exercising prior to your pregnancy, with some adjustment as you get further along.

### **Benefits of Exercising during Pregnancy:**

- Prevent or help with back pain and improve posture and balance
- Boost your energy level
- Provide personal time and relaxation which reduces stress and anxiety
- Help you get a good night sleep
- Help prevent the risk of Gestational Diabetes and pregnancy induced high blood pressure

Prenatal Yoga and stretching can be **very beneficial** and help increase your strength and flexibility to prepare you for childbirth.

### **Activity level:**

- You may continue with your current exercise, other than high impact and heavy lifting of more than 25 pounds
- Stay well hydrated before, during and after exercise
- Eat a snack or drink juice 15-30 minutes before you exercise to fuel your body
- Never exercise to the point of exhaustion, and your heart rate should stay below 150 bpm. Stop if you should become dizzy, short of breath, or have any bleeding.
- If you haven't started exercise, you should begin with walking 10-15 minutes a day and increase gradually to 30 minutes 3-5 times a week
- After 14 weeks we recommend avoiding activities that can be harmful such as skiing, contact sports, karate, tubing, horse back riding, and other activities that increase your risk of falling

### **Check with your Provider before starting exercise if you have any of the following:**

- Certain heart and lung conditions
- Cervical problems
- Low lying placenta
- High blood pressure later in pregnancy
- Vaginal bleeding and cramping