



## Why Exercise During Pregnancy?

- ❖ Improve your mood, reduce stress and anxiety
- ❖ Build confidence and your sense of well-being
- ❖ Maintain a healthy weight for you & your baby
- ❖ Stay fit and ease labor
- ❖ Feel more comfortable by easing common aches and pains
- ❖ May reduce the risk of health complications & need for medical intervention
- ❖ Maintain participation in meaningful activities & your job
- ❖ Improve your sleep

## After the Baby is Born...

- ❖ Build social support
- ❖ Reduce post-partum symptoms
- ❖ Return to a healthy weight

“ To be pregnant is to be vitally alive, thoroughly woman... ” Anne Buchanan



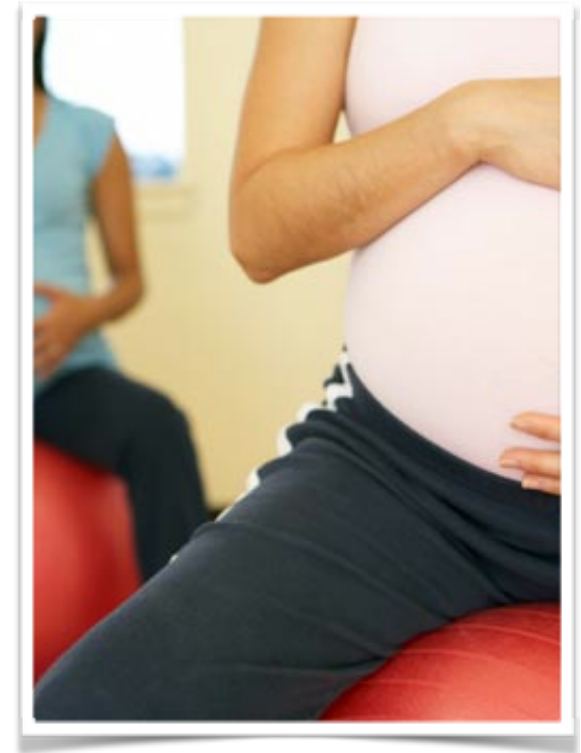
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*Please keep in mind this information is intended to only provide general guidance and not definitive medical advice*

# EXERCISE DURING PREGNANCY



## KNOW WHAT IS RIGHT FOR YOU AND YOUR BABY

# START HERE...

Regardless of being inactive or active prior to your pregnancy, **CHECK WITH YOUR HEALTHCARE PROVIDER BEFORE STARTING** an exercise program and/or using these recommendations

## How Often?

- ✦ Just 30 minutes or more of moderate-intensity exercise on most, if not all, days of the week\*

## What's Moderate Intensity?

- ✦ Feels like you can exercise for hours and talk with a friend while doing it
- ✦ Feels "somewhat hard" or a 4-6 on a scale of 1-10 (1 = extremely easy, 10 = extremely hard)
- ✦ Check with your healthcare provider about adjusting intensity during your 2nd and 3rd trimester
- ✦ 50 - 70% of your maximum heart rate (MHR) - Ask your healthcare provider how to figure this out using a simple formula and taking your own heart rate

## WARNING SIGNS

Stop exercise and contact your healthcare provider if you experience any of the following symptoms: vaginal bleeding, increased shortness of breath, dizziness, headaches, chest pain, irregular or rapid heartbeat, pain in your lower leg or swelling, contractions after you rest, fluid leaking, decreased fetal movement.

\*In the absence of medical and/or obstetric complications or contraindications and with approval from your healthcare provider



# HOW TO GET STARTED

## FOR THE BEGINNER & LIGHT EXERCISER

50-60% of your MHR

Take your time - Start with even just 5 minutes - Gradually work up to 30 minutes per session  
Vigorous activity is not recommended for the beginner - Wait until after delivery to boost your intensity

## FOR THE MODERATE & VIGOROUS EXERCISER

60 - 70% of your MHR

Try slowing down your routine a bit - It's ok - You'll get back to it  
Make an exercise plan with your healthcare provider that's just for you  
You may be able to continue vigorous exercise - Check with your healthcare provider  
Keep in mind - Vigorous exercise during pregnancy has not been carefully studied

## After the Baby is Born:

As soon as your healthcare provider says it is physically and medically safe  
Get back to your exercise routine gradually - You'll be tired > Consider nursing before you exercise > Include your baby

## TIPS:

- ✦ You and your baby will need extra energy - Consume 300 or more calories per day depending on your exercise routine
- ✦ Listen to your body - Take a break if you are tired
- ✦ Drink enough fluids and stay cool
- ✦ Don't hold your breath
- ✦ Wear comfortable shoes
- ✦ Careful with stretching and lifting - You don't want to overdo it
- ✦ Avoid exercises while lying on your back after the 1<sup>st</sup> trimester
- ✦ Skip scuba diving, contact sports and activities that throw off your balance
- ✦ Stick with familiar activities
- ✦ Warm up and cool down
- ✦ Move around - Try not to stand in one place for too long



Exercise in the pool

## IDEAS

- Try yoga or low-impact aerobics
- Grab a friend and go dancing
- Hop on a stationary bike
- Go for brisk walk or an easy hike
- Use a pedometer to track your steps
- Include cardio, strength training & stretching

Consult with a **WOMEN'S HEALTH PHYSICAL THERAPIST** to help you feel more comfortable and address body changes during pregnancy and after delivery