

Exercise during pregnancy

Staying active is an important health habit to maintain during pregnancy. Before you get started, talk with your doctor about what is safe for you and ensure that you do not have a medical reason to avoid or limit exercise. Also, make sure to ask your doctor which types of exercises are appropriate for you.

After you get approval, aim for at least **150 minutes of moderately intense aerobic activity** weekly. One option is to get 20-30 minutes of moderately intense activity on most days of the week. Short on time? Even 10 minutes at a time is good! You and your baby benefit in many ways when you exercise during pregnancy.

7 Basic exercise tips



Drink an adequate amount of water before, during and after your workout to stay hydrated.



Avoid exercise where you stand still, lie on your back, or could lose your balance and fall. Also avoid exercises that could cause trauma to your abdomen such as soccer.



Avoid becoming overheated – this is particularly important during your first trimester.



Wear comfortable clothes and a supportive bra.



Check with your health care provider before starting to exercise. Also talk with your doctor throughout your pregnancy, as recommendations may change as your pregnancy progresses.



Turn over to learn more about safe exercises during pregnancy >>

Safe exercises during pregnancy



Modified yoga

Yoga can help maintain muscle tone and boost circulation. Plus, yoga breathing techniques can help promote body awareness and relaxation, which may help in managing pain and discomfort during pregnancy and labor. Be aware that some poses that are OK in your first trimester may be off limits later on. It is best to find a yoga class that is specifically for pregnant women with an instructor trained to work with them.



Walking

If you were not active before getting pregnant, consider a walking program to get started. Walking requires no gym membership or special equipment. Start slow and work up to a brisk walk, as you are able.



Swimming and water exercise

Swimming is a great option because it works many different muscle groups. The water supports your weight so you may be less susceptible to injury or strain.



Stationary cycling

Cycling provides a good aerobic workout. But since your growing body can affect your balance and make you more prone to falls, it's a good idea to stick with a stationary bike.



Low impact aerobics

Aerobic exercise keeps your heart and lungs strong. There are even aerobics classes designed for pregnant women. Low-impact aerobics and water aerobics also are a good exercise. However, if you have certain conditions, including heart disease, preeclampsia or preterm labor, you should avoid aerobic exercise. Talk to your health care provider if you are unsure.

Know your body

Pay close attention to how you feel during and after exercise. Talk with your health care provider about what to watch for while exercising, when to call him or her, and when to seek immediate care.

With caution and your health care provider's advice, you can stay active and fit while pregnant.