



ACTIVITY PRESCRIPTION FOR PREGNANCY

HOW MUCH

It is recommended that each week pregnant women complete:

- **150 minutes of moderate cardiovascular activity** AND
- **A variety of muscle strengthening** exercises AND
- **Daily pelvic floor** exercises

People who regularly engaged in vigorous physical activity before pregnancy can continue with these activities.

PLANNER

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

PELVIC FLOOR EXERCISES

Daily **pelvic floor** exercises improve bladder control. Pelvic floor muscles can be contracted by squeezing the muscles around the anus and vagina.

Complete **8 repetitions**, where each repetitions is **8 seconds, 2-3 times a day**.

While some people are able to perform these exercises independently, **many require guidance on the correct technique**. If needed, **seek assistance from your health-care provider**.

STRENGTH ACTIVITY PLANNER

Prescription:

All exercises should be completed for 3 sets of 8-16 repetitions, at a Rating of Perceived Exertion (RPE) 5-6 (equivalent to 4-5 Repetitions in Reserve).

Category	Exercise				
Lower Body Squat Pattern		Sets x Reps			
		Weight			
		RPE			
Upper Body Push		Sets x Reps			
		Weight			
		RPE			
Lower Body Hinge Pattern		Sets x Reps			
		Weight			
		RPE			
Upper Body Pull		Sets x Reps			
		Weight			
		RPE			
Calves		Sets x Reps			
		Weight			
		RPE			
Trunk		Sets x Reps			
		Weight			
		RPE			

For additional articles, exercise videos, resources, and activity programs, visit activeresilience.org

