



BENEFITS

Most pregnant women would benefit from increasing their levels of physical activity. **Pregnant women who are regularly active improve their health and the health of their developing child** by:

Controlling blood sugar and blood pressure levels, reducing pre-eclampsia risk, managing healthy weight gain, reducing the risk of complicated delivery and newborn complications, reducing the risk of post-natal depression, and reducing the risk of pre-term birth.

HOW MUCH

If you're not currently regularly active, **simply getting started has positive health benefits.**

If you can, each week aim to 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.

CARDIOVASCULAR ACTIVITY

There are **many activities** that count towards meeting your cardiovascular activity goals.

Some common activities, and their intensity classifications, are listed below:

MODERATE:

Walking 4-7km/h, cycling 9-16km/h, gardening, treading water, table tennis, playing golf

VIGOROUS:

Running > 7 km/h, cycling > 16km/h, water aerobics, dance aerobics, squash, and hiking hills.

STRENGTH ACTIVITY

Strengthening activities should be completed at a moderate or higher intensity, and involve all major muscle groups. While there are many ways to achieve this, a beginner workout is shown below. Complete **3 sets of 8-16 repetitions** of each exercise.

SIT TO STAND



WALL PUSHUP



BODYWEIGHT
RDL



4 POINT ARM
RAISE



PELVIC FLOOR

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

Complete **3 sets of 10 repetitions**, where each repetition is **2-10 seconds**.

SAFETY

Exercise should be **immediately ceased** if you experience vaginal bleeding, amniotic fluid leakage, regular contractions, dizziness, chest pain, or calf pain/swelling.

ACTIVITY PLANNER

MON

TUE

WED

THU

FRI

SAT

SUN

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

