SAFETY

During pregnancy and the postpartum period there are specific recommendations that should be followed to **reduce the risk to you and your child**. These include:

- Avoid activity in excessive heat and humidity
- Avoid activity performed at high altitude
- Avoid activities with a risk of impact such as contact sports or activities with increased risk of falls
- Avoid activities lying on your back after the first trimester of pregnancy
- After delivery by caesarean section, return to activity gradually and in consultation with a health-care provider

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

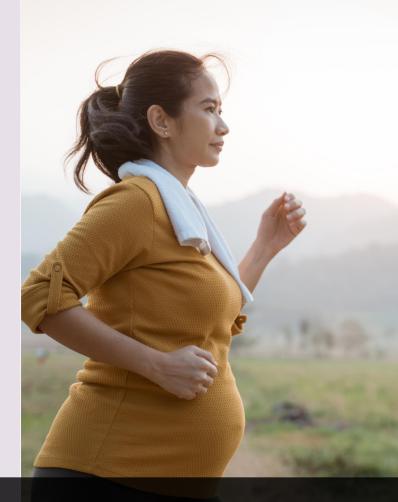
ACTIVE RESILIENCE

BUILD A HABIT OF PHYSICAL ACTIVITY

FOR PREGNANCY



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



ACTIVERESILIENCE.ORG

BENEFITS

CARDIOVASCULAR

STRENGTHENING

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 risk of complicated delivery and newborn complications

> Reduced risk of post-natal depression

Reduced risk of pre-term birth

For pregnant women who are active there is no increased risk of miscarriage or stillbirth.

If you're not currently regularly active, simply getting started has positive health benefits for you and your child.

If you can, each week aim to complete at least 150 minutes of moderate cardiovascular activity.

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

MODERATE

Walking 4-7km/h Cycling 9-16km/h Gardening **Treading Water** Table Tennis Playing Golf

VIGOROUS

Running >7km/h Cycling > 16km/h Water Aerobics Dance Aerobics Squash Hiking Hills

Also, aim to incorporate a variety of muscle strengthening activities.

An example beginner workout is outlined below.

SIT TO STAND



BODYWEIGHT



WALL **PUSHUP**



4 POINT ARM RAISE



Complete 3 sets of 8-16 repetitions of each exercise.

Daily pelvic floor exercises can be completed to for improved bladder control. Additional resources are available at activeresilience.ora