

## 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



For additional articles, exercise videos, resources and activity programs, visit **[activeresilience.org](https://activeresilience.org)**

## BUILD A HABIT OF PHYSICAL ACTIVITY FOR PREGNANCY



**ACTIVERESILIENCE.ORG**

# 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 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.

# CARDIOVASCULAR

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

# STRENGTHENING

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

An example beginner workout is outlined below.

## SIT TO STAND



## WALL PUSHUP



## BODYWEIGHT RDL



## 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.org](http://activeresilience.org)