Your guide to Staying active in pregnancy

Exercising increases the blood flow to the placenta. This is great for your baby’s growth and development.

Physical activity in pregnancy is safe & healthy
✓ Being active benefits you and your baby
✓ Stay active: 30 minutes a day, 4 times a week

Women who exercise are up to a third less likely to have a caesarean.

Activity Ideas

Always chat with your instructor or midwife to make sure activities work for you

Trimester 1
1 to 12 weeks
✓ If already active, continue as usual.
✓ If new to exercise start gently and build up - walking is a good start.
✗ Don’t exercise in very hot conditions.
✗ Avoid contact sports throughout pregnancy to prevent your bump being bumped.

Trimester 2
13 to 28 weeks
✓ Keep going! Regular exercise make you feel better and less tired.
✓ Make sure you can hold a conversation and don’t get too breathless, unless you were already exercising hard before your pregnancy.
✗ Don’t lie on your back for longer than a few minutes
✗ Avoid stomach crunches and sit-ups.

Trimester 3
29 to 40 weeks
✓ Gentle swimming, walking and dancing are great.
✓ In the gym, cycling and rowing are gentle on your bump.
✓ Listen to your body - if it feels good, keep it up; it is uncomfortable, stop and seek advice!
✓ Drink plenty of water

Exercise helps prevent...

- headaches
- stress and depression
- tiredness
- backache
- pelvic pain
- constipation
- cramps and swollen feet

What’s my activity goal this week?
This week, ask yourself:
✓ Who with?
✓ Which days, at what time?
✓ What type of activity?
✓ Single session or short bursts today?
✓ How will I reward myself?

Find out more at tommys.org/pregnancyhub

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