

Your guide to Staying active in pregnancy

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

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

↓ $\frac{1}{3}$

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

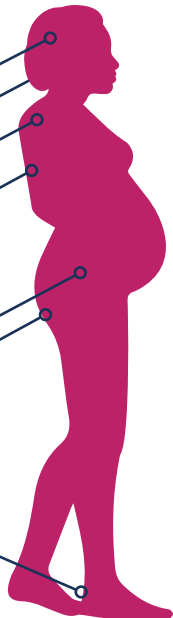
- ✓ Keep going! Regular exercise make you feel better and less tired.
- ✓ Make sure you can hold a conversation and don't get too breathless, unless you were already exercising hard before your pregnancy.
- ✗ Don't lie on your back for longer than a few minutes
- ✗ Avoid stomach crunches and sit-ups.

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; if 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](https://www.tommys.org/pregnancyhub)