

PHYSICAL ACTIVITY FOR PREGNANT WOMEN

LET'S
GET
MOVING

HOW MUCH PHYSICAL ACTIVITY SHOULD PREGNANT WOMEN BE DOING?



Aim to be active for 150 minutes of moderate intensity activity per week. Moderate intensity means your heart rate increases, but you can still hold a conversation.

Aim for strength and balance exercise on 2 days a week.

6 key benefits of moving more during pregnancy:



Improves fitness



Reduces risk of high blood pressure



Improves sleep



Helps to control pregnancy weight gain



Helps prevent diabetes of pregnancy



Me time! Great for your mental wellbeing

MORE IS BETTER!

It's safe to be active

There is no evidence of harm for pregnant women or their babies.

Active before pregnancy?

Keep going & adapt!

Not active before pregnancy?

That's ok! Start gradually

GO! Turn over for activity idea

EVERY MOVEMENT MATTERS

It's safe to be active → **Listen to your body and adapt**  → **Don't bump the bump**

TRY THESE AT HOME

 **Pelvic-floor and stomach strengthening exercises**

Yoga or pilates  **Dancing** 

GREAT FOR OUT AND ABOUT

Go for a walk  **Carry and unload the shopping bags** 

Use a local outdoor gym  **Take the stairs where you can**

LEISURE ACTIVITY

Swimming or aqua natal classes 

Gym activities and classes 

Consider a local parkwalk 

active-together.org/letsgetmoving

@ActiveLLR



Sign up to Active Mums Club

