

Exercise in Pregnancy

Exercise in pregnancy is highly recommended. Whether you come into pregnancy already following a work out routine or are brand new to exercise. Pregnancy can still be the perfect time to start.



Physical Benefits during pregnancy:

- Reduce backaches, constipation, bloating and swelling
- Boost your mood and energy levels
- Help you sleep better
- Prevent excess weight gain
- Promote muscle tone, strength and endurance
- A lower risk of gestational diabetes
- Shortened labor and reduced risk of preterm labor
- A reduced risk of having a C-section
- Reduced risk of pregnancy hypertension

Benefits during labor:

- Shorten the duration of labor and delivery
- Better able to tolerate the pain of labor
- Reduce risk of labor interventions and augmentation

EXERCISES SAFE DURING PREGNANCY:

- Walking
- Dancing
- Swimming
- Stationary bike, Step or elliptical machine
- Low-impact aerobics (Squats, lunges, hip opening exercises)
- Pelvic floor toning (Kegals and other exercises)
- Weight lifting. If you were lifting prior to pregnancy you can continue as normal, if you are new to lifting start slow and light.

WHEN IS IT NOT OK TO WORKOUT?

- Certain types of heart and lung diseases
- Cervical insufficiency or cerclage
- Being pregnant with twins or more with risk factors for preterm labor
- Placenta previa after 26 weeks of pregnancy.
- Preterm labor or ruptured membranes (your water has broken)
- Preeclampsia or pregnancy-induced high blood pressure
- Severe anemia

Exercise Activities to Avoid:

- Soccer/Hockey/Football. High contact
- Horseback riding
- Skiing/snowboarding
- Scuba diving
- Hot Yoga (Avoid raising the core Temp)
- Exercises that requires you to lie on your back (2nd/3rd Tri)
- Anything that could cause injury to the belly. (water sports)

ACOG recommends that pregnant persons get up to 150 mins of moderate intensity exercise a week.

Lets discuss together what is safe for you in your pregnancy.

References & For more information

<https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2020/04/physical-activity-and-exercise-during-pregnancy-and-the-postpartum-period>

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