

FACT SHEET

Exercise During Pregnancy

Exercising during pregnancy is associated with many health benefits for both mother and baby including reduced chance of gestational diabetes, less aches and pains, improved endurance during labour and the list goes on!

The American College of Obstetricians and Gynaecologists recommend pregnant women to exercise for 150 minutes per week (30 minutes a day, 5 days a week). They recommend a combination of aerobic and strength exercises.

When exercising during pregnancy, it is important to monitor your intensity. We recommend the “talk test”. You should be able to talk, but not sing. Keep in mind that you are allowed to perspire but over-heating can be dangerous to your baby. Always be mindful of the weather, dress in light clothing and keep a drink bottle close by.



Exercises to avoid

- > High risk activities ie. Horseriding
- > Frequent changes in direction ie. Netball

Safe exercise during pregnancy

- > Walking
- > Stationary cycling
- > Pregnancy Pilates
- > Watermums
- > Yoga
- > Dancing
- > Light weights

It is always advisable to check in with your women's health physiotherapist if you are unsure about whether your current exercise routine is appropriate during pregnancy. If you experience any pelvic pain, back pain, incontinence or vaginal pressure during exercise we recommend you cease that activity until you have seen your physiotherapist.