

EXERCISE IN PREGNANCY

HERE ARE THE BENEFITS...

FEWER NEWBORN COMPLICATIONS (E.G. BIGGER BABIES)

DECREASED RISK OF PRE-ECLAMPSIA (SEVERE FORM OF HIGH BLOOD PRESSURE IN PREGNANCY)

DECREASED RISK OF GESTATIONAL HYPERTENSION (HIGH BLOOD PRESSURE IN PREGNANCY)

DECREASED RISK OF GESTATIONAL DIABETES (DIABETES IN PREGNANCY)

DECREASED RISK OF CAESAREAN SECTION

DECREASED RISK OF INSTRUMENTAL DELIVERY (NEEDING A VACUUM OR FORCEPS TO DELIVER THE BABY)

DECREASED RISK OF URINARY INCONTINENCE

DECREASED RISK OF GAINING MORE THAN THE RECOMMENDED WEIGHT IN PREGNANCY

DECREASED LIKELIHOOD OF DEPRESSION IN PREGNANCY AS WELL AS LESS LIKELY TO HAVE SEVERE SYMPTOMS IN PREGNANCY IF IT IS SOMETHING ALREADY EXISTING

IMPROVED BLOOD SUGAR VALUES

IMPROVEMENT IN PELVIC PAIN SYMPTOMS



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ALL PREGNANT PEOPLE ARE ENCOURAGED TO BE ACTIVE*

Regardless of whether or not you regularly exercised prior to pregnancy, starting to exercise/incorporate more movement in pregnancy is safe and has many benefits.

*unless directed otherwise by your health care provider

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AT LEAST 150 MIN PER WEEK OF MODERATE LEVEL ACTIVITY IS RECOMMENDED

Activity should happen over several days in a week (e.g. move for 50 minutes x3 days in a week versus doing 150 minutes in 1 day). Although 150 minutes might sound like a lot, break it up into chunks even as simple as 10 minutes 3x per day over 5 days a week will get you the 150 minutes. Moderate level activity is an activity that increases your heart rate and breathing rate. A good judge of this is if you cannot say the ABCs without having to take a breath. If you can get through saying the alphabet in one breath you should try to walk faster, lift heavier etc.



03

EXAMPLES OF MOVEMENT/EXERCISE:

- Aerobic exercise (walking, stairs, elliptical)
- Resistance training (dumbbells, kettle bells, body weight exercises)
- Stretching and yoga



RESOURCES

1) 2019 CANADIAN GUIDELINES FOR EXERCISE THROUGHOUT PREGNANCY

[HTTPS://CSEPGUIDELINES.CA/GUIDELINES/PREGNANCY/](https://csepguidelines.ca/guidelines/pregnancy/)

2) GIRLS GONE STRONG

THIS WEBSITE INCLUDES A FREE COURSE ON STRENGTH TRAINING IN PREGNANCY AND POSTPARTUM HERE:

[HTTPS://WWW.GIRLSGONESTRONG.COM/BLOG/CATEGORY/FREE-COURSES/PREGNANCY-COURSES/](https://www.girlsgonestrong.com/blog/category/free-courses/pregnancy-courses/)

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