Exercise and Pregnancy

It is important to do some kind of exercise while you are pregnant. You are encouraged to continue your daily routines, including regular exercise. Unless your Healthcare Provider has cautioned you against exercise due to a specific medical problem, you may enjoy most activities you did before pregnancy. You may stretch, swim, jog, or bike as long as you are comfortable doing that activity. As you get further along in your pregnancy, you may have to change your activities; check with your Healthcare Provider.

Caution

Do not participate in any sport or exercise if you have :
Bleeding
Contractions
High blood pressure
Severe pain
Palpitations
Rapid heart rate

To prevent injury to yourself or your baby, DO NOT:
Do contact sports
Use saunas or hot tubs
Lock your knees while exercising

Do not do any exercise that:
Increases your heart rate to an extreme
Includes deep knee bends
Increases your risk of falling (your center of balance changes as your uterus gets bigger)

Stop exercising if you feel:

Pain	Dizzy
Bleeding	Rapid Hear Rate
Difficulty walking	Faint

Kegel Exercises

This exercise helps strengthen the muscles of the vagina and rectum. This exercise will become very important after your baby is born. You can do this any time of the day and no one will notice.

A) Tighten your vaginal and rectal muscles as if you were stopping your urine flow
B) Change the speed and length of holding the muscles tight
C) Repeat this 10 to 20 times, about 3 times a day