



WHEN TO STOP EXERCISING

If at any time during your pregnancy you experience any complications, it is best to stop exercise. As soon as possible, ask your doctor, midwife or Aboriginal health worker to check if you can continue.

AFTER THE BIRTH AND FUTURE PREGNANCIES

After pregnancy, increasing physical activity can help you to:

- lose weight (if that is your goal); and
- regain your energy levels.

For more information on restarting physical activity after pregnancy, talk to your *Get Healthy in Pregnancy* coach. Also see your *Get Healthy Service* Information Booklet and *Pregnancy Diary*.



Remember to **exercise** at a **level** that **suits you**

PHYSICAL ACTIVITY DURING PREGNANCY

FREE
PHONE HEALTH
COACHING
SERVICE



FOR FURTHER INFORMATION

Go to www.gethealthynsw.com.au
Call your health coach on 1300 806 258
See additional information booklets and fact sheets



PHYSICAL ACTIVITY

Staying active is a great way to maintain a healthy weight during pregnancy (as long as it is at a level at which you are comfortable).

Exercise will not harm your baby and can actually help you to cope with pregnancy and childbirth.

Exercise can help to manage some of the common complaints of pregnancy, including:

- Tiredness
- Varicose veins
- Swollen feet and ankles

Benefits of being active during pregnancy include:



Better sleep



More energy



Less lower back pain



Feeling less stressed or anxious



Less nausea and heartburn



A shorter, easier and more active labour



Better bowel habits



Easier to return to your pre-pregnancy fitness and weight

Walking and swimming are ideal. Aim to get in **30 minutes** of moderate exercise most days.

TIPS FOR STAYING ACTIVE



Be active **every day**



Use **the stairs** instead of the lift



Move more and sit less



Find a friend to join you and make exercise more social

MOST EXERCISES ARE SAFE AS LONG AS YOU:

- Take things easy
- Stop when you are tired
- Drink plenty of water
- Take care not to overheat too much
- Wear suitable clothing
- 'Warm up' and 'cool down' to prevent injury
- Stop the activity if you experience any pain

If you are doing an exercise class, make sure your teacher is qualified and let them know you are pregnant.

You can talk to your *Get Healthy in Pregnancy Service* health coach, Aboriginal health worker, doctor or midwife to make sure you don't have any health problems which might prevent you from being active and safe during your pregnancy.

Walking and swimming are ideal. It is recommended all pregnant women aim to get in 30 minutes of moderate exercise most days.

SPECIAL EXERCISES FOR PREGNANCY

As well as staying fit, exercise can help to strengthen the muscles in your stomach, back and pelvic floor, which are under extra pressure during pregnancy. Your *Pregnancy Diary* has examples of exercises you can do to help these muscles.

EXERCISES TO AVOID

- Be careful of exercises which might overstretch the ligaments in your body such as hips, knees, ankles or elbow joints. These ligaments become looser during pregnancy and are more prone to injury
- High impact activity such as jumping, or exercises which risk falling and injury to the abdomen

