

## When to stop exercising

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

## After the birth and future pregnancies

Increasing physical activity can also help you lose weight after pregnancy, 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**

*Photos provided courtesy of NSW Kids and Families, NSW Health.*

Free  
Telephone  
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## For further information

Go to [www.gethealthynsw.com.au](http://www.gethealthynsw.com.au)  
Call **your health coach**  
See **additional information booklets and fact sheets**

## Simply call

1300 806 258  
[www.gethealthynsw.com.au](http://www.gethealthynsw.com.au)

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[www.kidsfamilies.health.nsw.gov.au](http://www.kidsfamilies.health.nsw.gov.au)

*get healthy*  
in pregnancy

 **NSW**  
GOVERNMENT | Health

physical  
activity  
during  
pregnancy

*get healthy*  
in pregnancy



## 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
- Less stress or anxiety
- Less nausea and heartburn
- Easier labour
- Less constipation
- 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.

### 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

### Tips for staying active

Be active everyday

Using the stairs instead of the lift

Find a friend to join you and make exercise more social

Move more and sit less