

Move Mama Move!

Step by Step for Two: Healthy Pregnancy Through Movement



150 MINUTES/WEEK OF MODERATE EXERCISE DURING PREGNANCY IS RECOMMENDED BY THE WHO AND IMPROVES OUTCOMES FOR BOTH MOTHER AND BABY.



PRENATAL EXERCISE CAN SIGNIFICANTLY REDUCE RISKS OF GESTATIONAL DIABETES, PREECLAMPSIA, CESAREAN DELIVERY, AND PRETERM BIRTH.



DESPITE STRONG BENEFITS AND SAFETY EVIDENCE, MOST PREGNANT WOMEN ARE NOT MEETING RECOMMENDED ACTIVITY LEVELS DUE TO LACK OF GUIDANCE AND BARRIERS LIKE FATIGUE AND DISCOMFORT.

Questions?

- CONTACT YOUR PROVIDER
- MODIFIED YOGA:



- 8 ACOG APPROVED HOME EXERCISES:



Your health. Your choice. Our mission.

THE CORE GOAL OF THIS INTERVENTION IS EMPHASIZING SHARED RESPONSIBILITY BETWEEN PATIENTS AND HEALTHCARE PROVIDERS IN PROMOTING SAFE, EVIDENCE-BASED PRENATAL EXERCISE. THROUGH STANDARDIZED COUNSELING, ACCESSIBLE EDUCATIONAL MATERIALS, AND TRUSTED RESOURCES LIKE APOG, WHO, AND NHS GUIDELINES, PROVIDERS SUPPORT INFORMED DECISION-MAKING THAT EMPOWERS PREGNANT INDIVIDUALS TO ENGAGE IN PHYSICAL ACTIVITY THAT IMPROVES MATERNAL AND FETAL OUTCOMES.

[HTTPS://WWW.ACOG.ORG/WOMENS-HEALTH/FAQS/EXERCISE-DURING-PREGNANCY](https://www.acog.org/womens-health/faqs/exercise-during-pregnancy)