

move mama move

150 minutes/week

The WHO recommends 150 minutes of moderate physical activity per week for healthy pregnant women, which is linked to improved maternal and fetal outcomes.

(Paulsen et al., 2023)

Exercise lowers pregnancy complications

Regular physical activity during pregnancy can reduce risks of gestational diabetes, preeclampsia, cesarean delivery, low back pain, pelvic pain, and urinary incontinence.

(Cooper & Yang, 2023)

<80% adequately active during pregnancy.

Only about 19.3% of pregnant women meet recommended activity levels, often due to fatigue, discomfort, or lack of guidance.

(Miranda et al., 2022)

Exercise is safe

Research shows prenatal exercise is not associated with increased risk of adverse maternal or neonatal outcomes and is safe when appropriately guided.

(Adesegun et al., 2019)

TIPS

1. Break up your exercise time
 - a. You can do any time increments that you would like. A common example is 30 minutes for 5 days a week.
 - b. ANY exercise is better than none → DO WHAT YOU CAN!
2. Examples of Moderate-Intensity Physical Activity*
 - a. Brisk walking.
 - b. Some forms of yoga.
 - c. Water aerobics.
 - d. Bike riding.
 - e. *After the first trimester, try to avoid activities that require lying flat on your back.*
3. Avoid:
 - a. Contact sports and sports that put you at risk of getting hit in the abdomen, including ice hockey, boxing, soccer, and basketball
 - b. Skydiving
 - c. Activities that may result in a fall, such as downhill snow skiing, water skiing, surfing, off-road cycling, gymnastics, and horseback riding
 - d. "Hot yoga" or "hot Pilates," which may cause you to become overheated
 - e. Scuba diving
 - f. Activities performed above 6,000 feet (if you do not already live at a high altitude)
4. Warning signs:
 - a. Bleeding from the vagina
 - b. Feeling dizzy or faint
 - c. Shortness of breath before starting exercise
 - d. Chest pain
 - e. Headache
 - f. Muscle weakness
 - g. Calf pain or swelling
 - h. Regular, painful contractions of the uterus
 - i. Fluid gushing or leaking from the vagina
5. Examples:



Sources:

- <https://www.cdc.gov/physicalactivity/basics/pdfs/pa-pregnant-and-postpartum-women-508.pdf>
- <https://www.acog.org/womens-health/faqs/exercise-during-pregnancy>
- <https://www.nhs.uk/live-well/exercise/pilates-and-yoga/prenatal-and-postnatal-exercise/>
- <https://www.acog.org/womens-health/infographics/exercises-during-pregnancy>