



The American College of Obstetricians and Gynecologists (ACOG) recommends exercise during pregnancy and postpartum for optimal health!

There are more reasons TO exercise than there are not to exercise.....

Regular exercise throughout pregnancy has benefits to you and baby!

Exercise improves circulation and may decrease pregnancy-related edema (swelling in arms and legs).

Exercise improves mood and generalized discomfort that comes with pregnancy.

Exercise can reduce the risk of preeclampsia (severe high blood pressure) and gestational diabetes (high blood sugar).

Regular exercise tends to result in healthier weight of baby and healthy weight maintained for mama.

Exercise recommendations are below, however check with your healthcare provider before beginning an exercise program. Light intensity warm-up and cool-down before and after exercise.

Exercise Component	Aerobic Exercise	Resistance Exercise	Flexibility
Frequency	3-7 days/week	≥ 2-3 days/week	≥2-3 days/week
Intensity (RPE Scale) 'Walk and Talk' Test	Light to moderate	Light to moderate	Slow stretch to point of tightness.
Time (duration)	20-30 minutes/day 150 minutes/week	2-3 sets, 8-12 reps	Hold static (don't bounce) stretch 10-30 seconds, 2-4 reps
Exercise Type	Prolonged, rhythmic activity using large muscle groups (bike, walk, run, swim).	Exercise bands, free weights, machines, body weight.	Static (hold), dynamic

- For previous inactive women, start with a lower intensity and/or duration rather than infrequent exercise.
- Exercise sessions can be continuous or accumulated bouts of 10-15 minutes.
- Avoid exercise in hot humid weather. Be sure to hydrate!
- Avoid exercise on your back after the first trimester.
- Avoid abdominal strengthening exercise during pregnancy due to diastasis recti in some women.