

# get healthy<sup>®</sup> in pregnancy

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

## FREE

HEALTH  
COACHING  
SERVICE

## Physical Activity During Pregnancy

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 combat 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



Feel less  
stressed  
or anxiety



Less nausea  
and heartburn



An easier  
labour



Better  
bowel  
habits



Easier to  
return to your  
pre-pregnancy  
fitness and  
weight

**MOST EXERCISES ARE SAFE AS LONG AS YOU:**

- Take things easy
- Stop when you are tired
- Drink plenty of water and take care not to overheat
- Wear suitable clothing
- Remember to 'warm up' and 'cool down' to prevent injury
- Stop the activity if you experience any pain that doesn't settle quickly

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

It's a good idea to talk to your *Get Healthy in Pregnancy Service* health coach and your doctor or midwife to make sure there are no health problems which might prevent you from being active during your pregnancy.

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



## TIPS FOR STAYING ACTIVE

- Incidental exercise such as using the stairs instead of the lift is a great way to include more physical activity into your everyday life
- Find something you enjoy; make exercise a social occasion or an opportunity to escape and relax
- It is likely that as your baby grows, you may need to slow down or reduce physical activity. Try to remain as active as you can for as long as possible

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



## 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 'Having a Baby' book has examples of exercises you can do to support these muscles.

## EXERCISES TO AVOID



Excessive stretching: be careful of exercises which might overstretch the ligaments in your body such as hips, knees, ankles or elbow joints. This is because your ligaments become looser during pregnancy and are therefore more prone to injury



High impact activity such as jumping up and down, or contact sports such as squash where there is a risk of injury



Exercises which risk falling and injury to the abdomen, such as skiing and horse riding



Any activities where your oxygen supply is limited such as scuba diving or mountain climbing

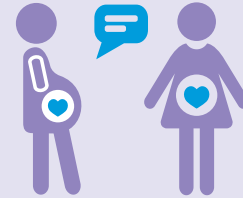
Your *Get Healthy in Pregnancy Service* health coach and antenatal care provider can provide more information and advice about specific types of exercise.

## WHEN TO STOP EXERCISING

If at any time during your pregnancy you experience any complications, it is best to stop exercise and consult your antenatal care provider as soon as possible to check if you can continue on the *Get Healthy in Pregnancy*.

## SAFETY CHECK

Use the talk test:  
you should always be able to **maintain a conversation while exercising** when pregnant

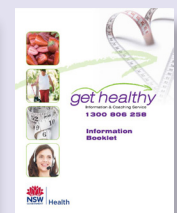


Speak to your *Get Healthy in Pregnancy Service* health coach

## 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 information and tips on how and when to restart physical activity after pregnancy, talk to your *Get Healthy in Pregnancy* coach and antenatal provider. Also see your *Get Healthy Service Information Booklet*.

## FOR FURTHER INFORMATION



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



your health coach



additional fact sheets



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

*get healthy*  
in pregnancy

  
NSW  
GOVERNMENT

Health