



Exercise guidelines during pregnancy

Exercising during pregnancy is so important for your health and the health of your baby. However we need to ensure that it is safe, effective and causing no harm. Always be guided by your body... if something doesn't feel right, it usually isn't.

Generally, if you are medically well and you have clearance from your GP/midwife/obstetrician then it is OK to participate in a regular exercise routine.

Safe exercises

- The Pregnancy Posse workouts!
- Walking
- Swimming
- Cycling
- Pregnancy specific pilates classes
- Yoga
- Dancing

Exercises to avoid

- Contact sports
- Activities which involve a risk of trauma ie. horseriding, cycling
- High impact activities

Monitoring your intensity

- You should be able to **talk but not sing**. If you can hold a conversation whilst exercising, this is a good sign that you are working within normal limits. If you're starting to feel quite huffed and puffed and you cannot talk comfortably, pull back a little bit!

- Monitor your **body heat**. You are allowed to sweat, but you shouldn't be red-faced and drenched in sweat. If it is a hot or humid day, put a fan on, exercise outdoors in the morning, wear light clothing and stay hydrated.

Signs to stop exercising

- Chest pain
- Vaginal bleeding
- Dizziness or feeling faint
- Calf pain or swelling
- Contractions
- Pelvic or abdominal pain
- Incontinence
- Heaviness/dragging in the pelvic floor
- An unusual change in your baby's movement

