



# Exercise and Pregnancy

**Physical activity is one of the best ways to keep your body and brain healthy.** It relieves stress, improves mood, gives you energy, helps with sleep and can lower your risk of heart disease and stroke.

Being active during pregnancy and postpartum can help you and baby be healthy.

## Can I Exercise While Pregnant?

**Yes! Being active is good for your body and your mind.** Talk to your health care professional before starting or continuing an exercise routine.

**If you were active before** becoming pregnant, your health care professional will likely give you the okay to keep exercising.

**If you're ready to get moving,** it's never too late to start. Your health care professional can help you figure out the best type and amount of exercise for you.

## How Much Exercise Do I Need When I'm Pregnant?

**Recommendations for pregnant women are the same as for most people:**

**150 minutes per week**

of moderate aerobic activity (walking, dancing, gardening)

or

**75 minutes per week**

of vigorous aerobic activity (running, swimming, jumping rope) or a combination of both spread throughout the week



## What Exercises Are Best While Pregnant?



**Walking**  
especially good if  
you're new to exercise



**Swimming and  
water workouts**  
gentle on your body  
and help you use  
different muscles



**Stationary cycling**  
better than on-road  
cycling because you're  
less likely to fall. As  
your belly gets bigger,  
balance can be a  
challenge.



**Yoga, Pilates and  
low-impact  
aerobic classes**  
be sure to tell  
your instructor  
you're pregnant



### Tips for Success:

- ✓ **Change your mindset** – Exercise is a great way to take care of yourself and your baby. Think of it as something you can do for both of you.
- ✓ **Connect with others** – Invite a friend or bring a pet with you. And baby can always come, too. If your community has activities like walking groups or stroller fitness classes, it's a great way to socialize.
- ✓ **Make it a habit** – Try to get moving every day or at least several times a week.
- ✓ **Boost your mind** – Exercise is great for your brain. Being active during pregnancy and postpartum can help you feel happier and reduce stress.



### What Workouts Should I Avoid While Pregnant?

- ✗ **Sports where you might get hit in the stomach** (contact sports such as martial arts, basketball and ice hockey)
- ✗ **Hot yoga classes** – you don't want to overheat
- ✗ **Activities where you could fall** (skiing, off-road cycling and horseback riding)

Learn more at [GoRedforWomen.org/Pregnancy](https://www.GoRedforWomen.org/Pregnancy)