## http://www.medindia.net/patients/patientinfo/images/pregnancy-exercise-massages.jpg

## If you don’t exercise

* Doctor may order you to not exercise based on past miscarriages
* You also may not be allowed to exercise if you have more than one fetus, heart disease, high blood pressure, or diabetes
* If you can, exercise during pregnancy is really good for you and your baby

## Developing a Good Exercise Program

**TIPS**

* + - * It is never too late to start exercising
			* Start slow: If you push yourself too hard it can be dangerous
* Warm-ups are really important
* Stretching before and after you exercise is really important
* Watch the clock: Make sure to remain safe and not over-do it
* Exercise regularly
* Make up for the calories you burn – make sure to consume enough
* Replace the fluids you burn off – water is essential during pregnancy
* Find a group or class to exercise with
* Make it fun

# Exercises For Pregnancy

By: Emily Burd

Choosing the RIGHT PREGNANCY EXERCISE

-Select an exercise that is right for you.

**Exercises for everyone:**

* Briskly walking
* Swimming in shallow water
* Water workouts designed for pregnancy
* Cycling on a stationary bike
* A step machine
* A rowing machine
* Calisthenics designed for pregnancy
* Yoga designed for pregnancy
* Relaxation routines



 

**Exercises for well-trained athletes:**

* Jogging
* Doubles tennis
* Cross-country skiing
* Light weight lifting
* Cycling
* Ice skating
* Hiking
* Volleyball
* Pilates
* Kick-boxing
* Dance workouts

**Exercises to avoid:**

* Jogging more than two miles a day
* Horseback riding
* Waterskiing
* Diving
* Scuba diving
* Softball, football, and other contact sports
* Sprinting
* Bicycling on wet pavement
* Calisthenics not designed for pregnancy

## Playing It Safe

* Don’t exercise on an empty stomach
* Dress loosely and comfortably
* Select the right surface
* Do two or three brief exercise sessions a day instead of one long workout
* Do everything in moderation
* Know when to stop

Company Name

Street Address

Address 2

City, ST ZIP Code

Phone (555)555-0125

Fax (555)555-0145

Web site address