## [http://www.medindia.net/patients/patientinfo/images/pregnancy-exercise-massages.jpg](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&docid=YqECV_5NuZUmLM&tbnid=H3EP-wXIFNcAlM:&ved=0CAUQjRw&url=http://www.medindia.net/patients/patientinfo/pregnancy-exercise-and-massages-nature.htm&ei=681NU97KD6O-2gXol4GQDA&bvm=bv.64764171,d.aWw&psig=AFQjCNGb2UNsVpJ1dJAIpYTG1XJ2lS1SmQ&ust=1397693489147321)

## 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

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&docid=bgPWcIfmqxGVhM&tbnid=I4-TyfZRi0bMUM:&ved=0CAUQjRw&url=http://geniuspregnancy.com/health/water-exercises-pregnant-women.html&ei=0tpNU-KbEMGfyATsroDQAw&bvm=bv.64764171,d.aWw&psig=AFQjCNFoOwJw-343aDGxq5HDR2JvAtOKOw&ust=1397697571112824)

[](http://www.thenutritionpost.com/health/pain-relief-for-pregnancy-with-yoga-and-pilates.html)

**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

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