

# EXERCISE DURING PREGNANCY

## WHAT TO DO; WHEN TO STOP

### Good Exercise Options

- \*Walking
- \*Stationary Cycling
- \*Running/Strength training may be ok if you were doing these exercises before becoming pregnant; talk to your doctor
- \*Class instructors should be able to give you modifications for fitness classes; talk to your doctor
- \*Swimming/Water Aerobics
- \*Modified Pilates

### Exercises to Avoid

- \*Contact sports; exercise where you could be hit in the abdomen
- \*Exercises that could result in falling
- \*Any "hot" exercise class
- \*Scuba diving - this can be fatal to a fetus
- \*Any activity above 6000 ft unless you live at altitude
- \*After the 1st trimester - avoid lying on your back

### Precautions to Consider

- \*Joint laxity increases injury risk; avoid high impact movements (Balance - weight gain shifts center of gravity increasing risk of falling and places more stress on low back and pelvis)
- \*Breathing - your need for oxygen increases during pregnancy
- \*Exercise generally contraindicated if you have lung disease, cerclage, placenta previa, preeclampsia, anemia, preterm labor, or other high risk factors

### Warning Signs - call your doctor

- \*Dizziness/lightheaded
- \*Chest pain
- \*Headache
- \*Bleeding/amniotic fluid leaking from vagina
- \*Shortness of breath before exercise
- \*Listen to your body; call your doctor if something feels off
- \*Muscle weakness
- \*Calf pain/swelling
- \*Preterm labor