

Exercise

Staying healthy while you are pregnant

Exercise during pregnancy

Talk to your provider before you begin exercise. Exercise can be good for you and your baby. Follow these tips to protect your health and your baby.

- Wear clothes that are lightweight and support your breasts.
- Stretch before and after exercise. It will increase your strength and flexibility.
- Work out at least 30 minutes every day. Start at an easy pace.
- Start slowly if you were not active before your pregnancy.
- Find things you enjoy. You could walk, swim or try yoga. They can improve your fitness level.
- Avoid sports that make you jump. Jumping can put stress on your joints, especially in the last three months of pregnancy.
- Stop working out if you feel tired or too warm.
- Avoid exercising on your back after the first three months. It can reduce blood flow to the uterus.
- Stay away from saunas or hot tubs, especially during the first three months.



Exercise helps more than your muscles. It also helps your mental health. It can decrease stress, boost your mood and improve your sleep. Drink plenty of water before, during and after you exercise!



**Do you have health questions?
Call our 24-hour Nurse Advice Line.
We are here to help you.**

English: **(888) 275-8750**
Español: **(866) 648-3537**
TTY/TDD: **711**

