



# Exercise In Pregnancy



▶ Always warm-up before exercise and cool down, Be active daily - 30 minutes of walking a day may be enough, but any amount is better than nothing.

## ▶ Exercises suitable for pregnancy ◀

These types of exercises strengthen your muscles so that they can withstand the extra weight of pregnancy. They also make your joints stronger, improve blood circulation, and reduce back pain.

- ▶ Stomach strengthening exercises
  - ▶ Pelvic tilt exercises
  - ▶ Pelvic floor exercises

## ▶ Medical conditions that may affect your exercise ◀

- ▶ Problems with your heart, lungs, or liver
- ▶ You have diabetes that is not well controlled
  - ▶ Are obese or underweight
- ▶ You had a problem with your pregnancy or previous pregnancies
  - ▶ You have anemia

If you experience the following conditions, you should stop exercising and see a doctor immediately:

- ▶ You have chest pain
  - ▶ Your heart rate is higher than normal
  - ▶ You have unusual shortness of breath
  - ▶ Fluid leaks or flows from your vagina
- ▶ Your ankles, hands, and face suddenly become swollen



- ▶ You have muscle weakness
- ▶ You feel dizzy or faint
- ▶ Your baby's movements are reduced
  - ▶ You contract


## ▶ Exercises that are recommended ◀

- ▶ Kegel exercises
  - ▶ Swim
  - ▶ Run
  - ▶ Bike
  - ▶ Yoga

▶ Aerobic exercise and pregnancy

## ▶ Exercises you should avoid ◀

- ▶ Makes you work too hard or get too hot
  - ▶ It can cause you to fall
  - ▶ It can hit your child
    - ▶ Jump a lot
- ▶ Contains sudden changes in direction



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### ▶ Exercise in pregnancy ◀

Pregnancy may be a good time to sit and rest. You are probably feeling more tired than usual and your back may be sore from carrying the extra weight. But maintaining regular exercise during pregnancy can help you stay healthy and feel better. Regular exercise during pregnancy can improve your condition and reduce some common ailments such as back pain and fatigue. The more active you are during pregnancy, the easier it will be for you to change shape and gain weight. It also helps you cope with childbirth and return to your original shape after birth.

### ▶ The reason for exercising during pregnancy ◀

- ▶ Reduce back pain, constipation, bloating, and swelling

- ▶ Helps you sleep better
- ▶ Avoid gaining extra weight
- ▶ Strengthen muscle, strength, and endurance
- ▶ Boost your mood and energy level
- ▶ Low risk of gestational diabetes
- ▶ Shorter delivery



### ▶ Exercise tips about pregnancy ◀

- ▶ If you were not active before pregnancy, do not exercise suddenly

- ▶ More than 15 minutes of continuous exercise, starting 3 times a week. Gradually increase this to 30 minutes per day.
- ▶ Do not wear tight clothing. Wear non-slip shoes.
- ▶ Walking is a great exercise for beginners. This aerobic exercise provides minimal pressure on your joints.
- ▶ Intense exercise increases oxygen and blood flow to your muscles and the health of your uterus.
- ▶ Avoid any strenuous exercise in hot weather.
- ▶ Drink plenty of water and other fluids.