

Exercise guidance during pregnancy



Physical activity for pregnant women



Helps to control weight gain



Helps reduce high blood pressure problems



Helps to prevent diabetes of pregnancy



Improves fitness



Improves sleep



Improves mood

Not active?

Start gradually

Already active?

Keep going



Do **muscle strengthening** activities twice a week

Every activity counts, every minute counts, more is better

No evidence of harm

Listen to your body and adapt



Don't bump the bump

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Rating	Perceived exertion
6	no exertion
7	extremely light
8	
9	very light
10	
11	light
12	
13	somewhat hard
14	
15	hard
16	
17	very hard
18	
19	extremely hard
20	maximal exertion

Your moderate intensity exercise as recommended to the left, should be a rating between 12 - 14 on a perceived exertion scal (somewhat hard - hard)

The following activities are safe to initiate or continue during pregnancy



- ✓ walking
- ✓ swimming
- ✓ stationary cycling
- ✓ low-impact aerobics
- ✓ yoga, modified
- ✓ running or jogging
- ✓ racquet sports
- ✓ strength training

The following activities should be avoided during pregnancy



- ✗ contact sports
- ✗ activities with a high risk of falling
- ✗ scuba diving
- ✗ sky diving
- ✗ "Hot yoga" or "Hot pilates"
- ✗ exercises laying on your back if you experience symptoms of dizziness or nausea

Warning signs to discontinue exercise while pregnant

- vaginal bleeding
- regular painful contractions
- amniotic fluid leakage
- shortness of breath before effort
- dizziness
- headache
- chest pain
- muscle weakness affecting balance
- calf pain or swelling



If you experience any of the above warning signs please contact your local birthing unit immediately.

When exercise is inadvisable during pregnancy

- heart disease
- lung disease
- incompetent cervix
- expecting twins/triplets/quads
- persistent second or third trimester bleeding
- placenta previa at 26 weeks gestation
- premature labour during the current pregnancy
- ruptured membranes
- pre-eclampsia or pregnancy induced high blood pressure
- severe anaemia- low iron levels
- poorly controlled seizure disorder i.e. epilepsy
- poorly controlled hyperthyroidism

When exercise may be inadvisable during pregnancy

- anaemia- low iron levels
- heart murmur
- chronic bronchitis
- poorly controlled type 1 diabetes
- extreme morbid obesity
- extreme underweight (BMI less than 12)
- heavy smoker
- history of sedentary lifestyle- limited activity/sport before pregnancy
- small baby/slow growth in womb
- poorly controlled high blood pressure
- joint or mobility problems

If you need help to understand this leaflet or would like it in a different language or format such as large print, Braille or audio, please ask a member of staff.

If you are unsure of any of the above terminology please speak with your healthcare professional. Please seek guidance from your consultant if you have been diagnosed with any of the above.