



Stemology

Your guide to staying active in pregnancy

Exercising increases the blood flow to the placenta. This is great for your baby's growth and development.



Physical activity in pregnancy is safe & healthy

Being active benefits you and your baby

Stay active: 30 minutes a day, 4 times a week

4.5 x

more likely to have caesarean section if not active during pregnancy



Trimester 1

1-12 weeks



- If already active, continue as usual.
- If new to exercise start gently and build up-walking is a good start.
- Don't exercise in very hot conditions.
- Avoid contact sports throughout pregnancy to prevent your bump being bumped.

Trimester 2

13-28 weeks



- Keep going! regular exercise make you feel better and less tired.
- Make sure you can hold a conversation. Being breathless when you talk means you are working too hard.
- Don't lie on your back for longer than a few minutes.
- Avoid stomach crunches and sit-ups.

Trimester 3

29-40 weeks



- Gentle swimming, walking and dancing are great.
- In the gym, cycling and rowing are gentle on your bump.
- Listen to your body - if it feels good keep it up, if it is uncomfortable, stop and seek advice.
- Drink plenty of water.

Exercise helps prevent...

Headaches
Stress and Depression
Tiredness
Pelvic pain
Backache
Constipation
Cramps and Swollen feet



What's my activity goal this week?

This week, ask yourself:

- Who with?
- Which days, at what time?
- What type of activity?
- Single session or short bursts today?
- How will I reward myself?