

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













Your guide to staying active in pregnancy

Physical activity in pregnancy is safe & healthy

Being active benefits you and your baby

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





Trimester 1 1-12 weeks







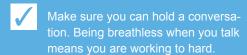
hot conditions.

throughout pregnancy to prevent your bump being bumped.

Trimester 2 13-28 weeks







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.

good keep it up, if it is uncomfortable, stop and seek advice.

Drink plenty of water.

Excercise helps prevent... Headaches Stress and Deprerssion 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?