

- **Benefits of Exercise During Pregnancy**
 - Prevention of excessive gestational weight gain
 - Prevention of gestational diabetes mellitus
 - Decreased risk of preeclampsia
 - Decreased incidence/symptoms of low back pain
 - Decreased risk of urinary incontinence
 - Prevention/ improvement of depressive symptoms
 - Maintenance of fitness
 - Prevention of postpartum weight retention
- **Exercise Recommendations are consistent with the healthy adult recommendations**
 - At least 150 minutes/week of moderate intensity physical activity or 75 minutes/week of vigorous intensity physical activity or a combination of both throughout the week
- Suggested 10-15 minute warm up and cool down before and after exercise of light intensity activity
- Kegel exercises are recommended to strengthen pelvic floor to decrease risk of incontinence during and after pregnancy
- **Warning Signs of When to Stop Exercise and Consult Your Healthcare Provider**
 - Excessive shortness of breath
 - Chest pain
 - Painful uterine contractions (more than 6-8/hour)
 - Vaginal bleeding
 - Any 'gush' of fluid from vagina
 - Dizziness or fainting
- **Special Considerations**
 - Physical activity in the supine position should be avoided or modified after week 16 of pregnancy
 - Avoid exercising in a hot humid environment
 - Stay well hydrated at all times
 - If women are severely obese or have gestational diabetes mellitus or hypertension they should consult their physician before beginning an exercise program
 - Should avoid contact sports and sports/activities that may cause loss of balance or trauma to mother or fetus
 - In any activity, avoid using the valsalva maneuver, prolonged isometric contractions, and motionless standing

FITT Recommendations for Women Who are Pregnant:

	Aerobic	Resistance	Flexibility
	3-5 days/week	2-3 nonconsecutive days/week	2-3 days/week with daily being most effective
Intensity	Moderate or vigorous intensity	Intensity that permits multiple submaximal repetitions (8-10 or 12-15 repetitions) to be performed to a point of moderate fatigue	Stretch to the point of feeling tightness or slight discomfort
Time	About 30 mins/day of moderate intensity exercise to total at least 150 mins/week or 75 mins/week of vigorous intensity aerobic exercise	One set for beginners; two or three sets for intermediate and advanced; target major muscle groups	Hold static stretch for 10-30 seconds
Type	A variety of weight- and non-weight-bearing activities are well tolerated during pregnancy	A variety of machines, free weights, and body weight exercises are well tolerated during pregnancy	A series of static and dynamic flexibility exercises for each muscle-tendon unit

Exercising prior to pregnancy can help make is easier to conceive because it lowers stress. Those who are already active have a lower likelihood of developing health complications during pregnancy.