

Staying Active During Pregnancy

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Physical Activity During Pregnancy is Good for You and Baby

Positive Effects of Being Active:

- Boost your mood
- Sharpen your focus
- Reduce your stress
- Improve your sleep
- Can make your labor shorter
- Help make your recovery faster



Recommendations on PA during pregnancy

Always check with your doctor first!

Certain types of exercise are not safe for some women – you need to double check with your healthcare provider



- Moderate exercise during pregnancy
- You need 2.5 hours of moderate exercise a week
 - Exercise that increases your heart rate and breathing rate, but that you can still talk through
 - Follow the principles of FIT
 - Frequency
 - Intensity
 - Time
- Can reduce the risk of gestational diabetes, pregnancy-induced hypertension, high gestational weight gain, type 2 diabetes and cardiovascular disease, and back pain



Exercising During Pregnancy

- Breathe deeply
- Stay hydrated – drink water!
- Don't overheat
- Stop if you feel dizzy or uncomfortable
- Start at your pre-pregnancy fitness and go from there
 - If you weren't very active, it's ok to start now – just start out slowly
- Use the talk test – you should be able to talk while working out



Exercise Boosts Endorphins

- Endorphins give you that feeling good sense after exercise
- This is important for women's mental health, especially during pregnancy and into the postpartum period

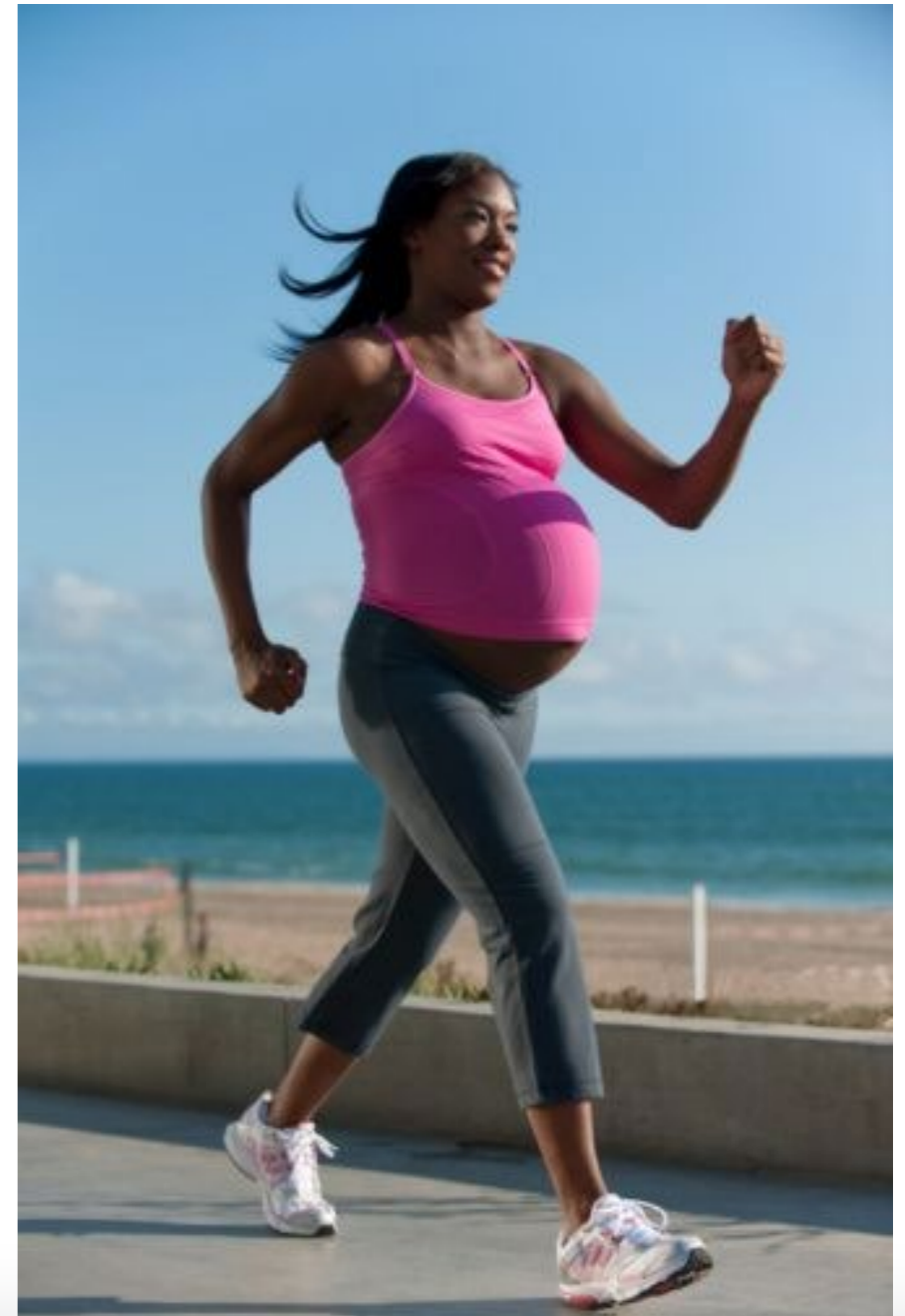


Dr. Vernon's Favorite Pregnancy Workouts

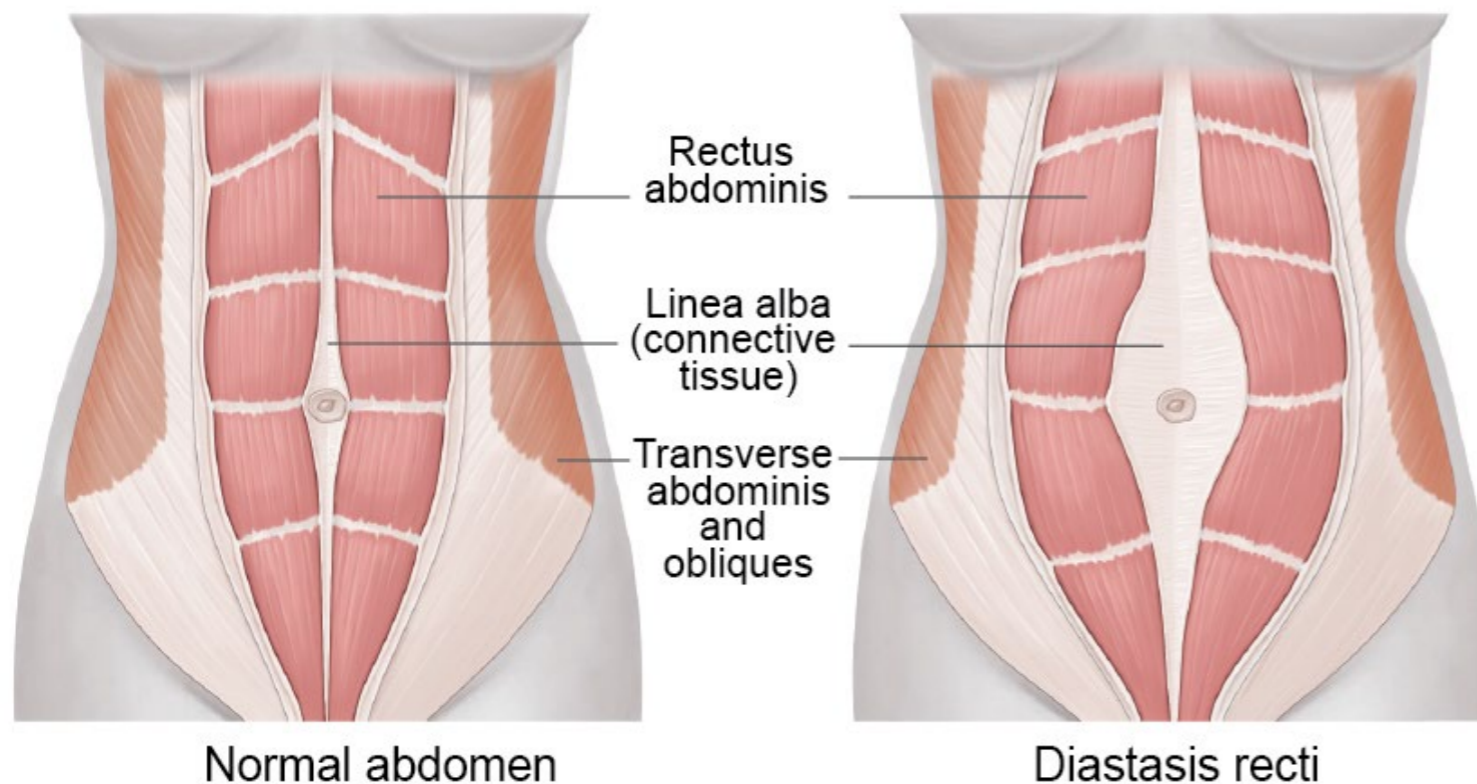
- Always follow your physician's recommendations first and foremost
- I like to do:
 - Walking
 - Weight lifting
 - Pilates/Yoga/Barre
 - Stationary Bike

Remember – the goal is 2.5 hours a week, or 30 minutes most days of the week, but you can break that up even further!

I briskly walk 10 minutes twice a day from my car to my office – add in a few more intentional exercise sessions and I've met my goal for the week!



Diastasis Recti Precautions



 babycenter.

- This is a separation of the rectus abdominal muscles in your stomach
- Common among pregnant women, can be seen as a bulge or coning
- If you see your belly coning, STOP, and reset your form
- After pregnancy, you might need to see a physical therapist who specializes in women's pelvic floor and diastasis recti recovery.



Postpartum Exercise

- Exercise in your postpartum period is good for you and baby!
- Wait for your doctor's clearance after your postpartum visit.
- Until then you can start with gentle stretching, pelvic floor exercises, and our favorite – walking!
- Listen to your body and don't start too fast too soon, it can set your recovery and weight loss back.



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