

Staying Physically Active During Pregnancy

Is exercise during pregnancy safe?

Overall and in most cases, exercise is safe during pregnancy. More than likely, your healthcare provider will recommend you to stay active, as long as it is comfortable and there are no other health conditions suggesting otherwise. **Have at least 30 minutes of aerobic physical activity daily**, which can be accumulated from separate sessions. Outdoor activities also help to increase the level of vitamin D in the body.

Benefits of exercise:

- Reduces fatigue, back pain, swelling and varicose veins
- Improves posture and muscle strength
- Enhances physical and psychological preparation for delivery



Appropriate exercise for pregnant women:

Do not exert yourself. The appropriate intensity level is that you are able to carry out a conversation while exercising.

For example:

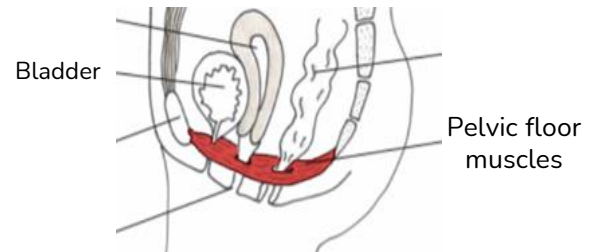
- Brisk walking
- Swimming
- Cycling on a stationary bike



Pelvic Floor Exercises

Pelvic floor exercises enhances the control and support of pelvic floor muscles, which helps you prepare for childbirth and prevents uterine prolapse, urinary incontinence, and hemorrhoid.

1. Do this exercise in a sitting or standing position
2. Tighten the vaginal, urethral and anal muscles as if trying to withhold urination
3. Perform both slow (10 seconds) and quick (1-2 seconds) contractions exercises



Back and Abdominal Exercises

Back and abdominal exercises strengthen your abdominal muscles and prevent back pain by correcting the low back and pelvic posture.

1. Sit on a chair with your back against the seatback. Breathe naturally.
2. Tighten the abdomen and then press the pelvis downwards to flatten your low back against the seatback. Hold for 5 seconds, then relax.



Foot Exercises

Foot exercises improve blood circulation, help reduce legs and ankles swelling, and prevent cramp in the calf muscles.

1. Sit on a chair with your back against the seatback.
2. Start with one ankle, and bend and stretch your ankle up and down 30 times. Each up-and-down movement is counted as one time.
3. Rotate the ankle to draw a circle. Repeat 10 times.
4. Repeat the same steps at the other ankle.



To learn more about our doctor's group,
call Member Relations: (415) 590-7418



aamgdoctors.com



[youtube.com/AAMGDoctors](https://www.youtube.com/AAMGDoctors)



[facebook.com/DoctorsAAMG](https://www.facebook.com/DoctorsAAMG)