

# Guidelines for **physical activity** during **pregnancy**

Being active during pregnancy is safe and has health benefits for you and your baby. It can reduce the risk of some pregnancy-related problems, and supports a healthy pregnancy.

## DO



**Aerobic activities**



**Muscle strengthening activities**



**Pelvic floor exercises**

## REMEMBER



**Drink plenty of water**



**Short bursts of activity work**



**Any physical activity is better than none**



**Avoid heat stress/hyperthermia**

**If you have a healthy pregnancy**, and you were active before pregnancy, you can continue exercising.

**If you were inactive** before pregnancy, start slowly and build up your activity.

### During your pregnancy aim to:

**Be active** on most, if not all, days of the week.

**Do 30 to 60 minutes of moderate intensity activity** or 15 to 30 minutes of vigorous intensity activity.

**Do muscle strengthening activities** on at least 2 days each week.

**Break up** long periods of sitting and standing still.

**Do pelvic floor exercises.**

*If you have complications, seek advice from a health professional before being active.*

For more information go to [health.gov.au](http://health.gov.au)



# Pregnancy Exercise Programcassette Poster And Instructional

**Rachel S Tattersall**



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