

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



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