

Pregnancy Physical Activity Recommendations



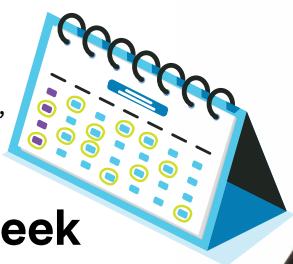
Physical activity recommendations for pregnant women follow those for the general non-pregnant population, with minor modifications.



Women should accumulate **150 minutes** of moderate Physical Activity each week.

Physical Activity is encouraged everyday, but should occur over a minimum of

3 days per week



A variety of physical activities

should be incorporated, both aerobic and resistance in nature, along with yoga and gentle stretching.



Pelvic Floor related exercises (e.g., Kegels) should be performed daily.



Warm-up and cool-down periods

should be included in any Physical Activity regimen.



Physical Activity programs*

should be individualized for each woman based on situation, experience and current health status.

*Please contact your health care provider to discuss any concerns or signs of discomfort you may be experiencing.

