

Exercise in Pregnancy



Gina Nelson MD

Personal Benefits of Exercise in Pregnancy



Improves:

- sleep
- mood
- energy/stamina
- physical discomforts
- posture
- body image

Medical Benefits of Exercise in Pregnancy



Prevents:

- excess weight gain
- gestational diabetes
- labor problems like Shoulder dystocia
- need for C section

Exercise in pregnancy can help you handle labor





Results :

- less stable
- altered balance
- looser joints

Factors:

extra weight

different center or
gravity

relaxed ligaments

Forms of exercise for sedentary beginners



- walking
- swimming
- cycling
- cardio like aerobics
dancing and Zumba

Of course there are exceptions to most of these.
You should discuss your exercise plan
with your doctor.

Exercise for those with prior experience:



- **Running**- though you may have to modify your routine
- **Racquet sports**- but beware of falls and sprains
- **Strength training**- but only with proper form

Avoid These:

Downhill skiing (depends)

exercising at altitudes
higher than 6,000 feet

Scuba diving for
decompression sickness

contact sports like ice
hockey, soccer, and
basketball

gymnastics

water skiing

Horseback (depends)



Reasons to Discuss Exercise with your Provider

Absolute Contraindications to Aerobic Exercise During Pregnancy

Hemodynamically significant heart disease

Restrictive lung disease

Incompetent cervix/cerclage

Multiple gestation at risk for premature labor

Persistent second- or third-trimester bleeding

Placenta previa after 26 weeks of gestation

Premature labor during the current pregnancy

Ruptured membranes

Preeclampsia/pregnancy-induced hypertension

Relative Contraindications to Aerobic Exercise During Pregnancy

Severe anemia

Unevaluated maternal cardiac arrhythmia

Chronic bronchitis

Poorly controlled type 1 diabetes

Extreme morbid obesity

Extreme underweight (BMI <12)

History of extremely sedentary lifestyle

Intrauterine growth restriction in current pregnancy

Poorly controlled hypertension

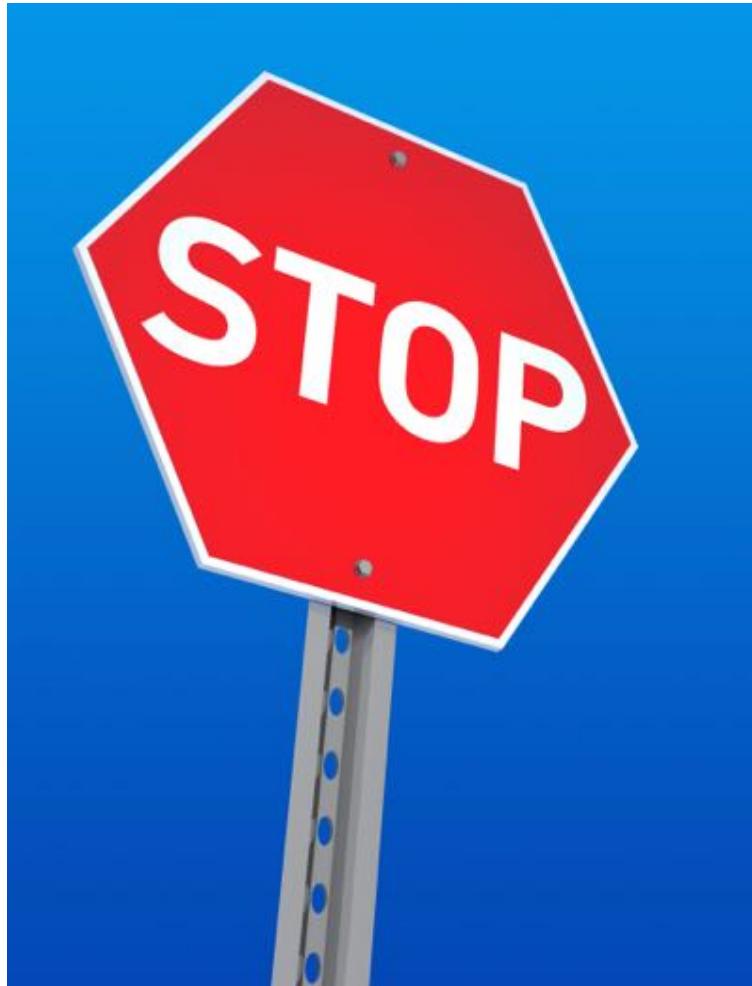
Orthopedic limitations

Poorly controlled seizure disorder

Poorly controlled hyperthyroidism

Heavy smoker

Warning Signs



- Stop exercising and call your doctor if you get any of these symptoms:
- Vaginal bleeding
- Dizziness or feeling faint
- Increased shortness of breath
- Chest pain
- Headache
- Muscle weakness
- Calf pain or swelling
- Uterine contractions
- Decreased fetal movement
- Fluid leaking from the vagina

Don't:

exercise on the back

exercise in hot weather

**exercise when you are sick
or have a fever**

Do:

Wear comfortable clothing

Wear a supportive bra

Drink plenty of water

Consume extra calories



Your Exercise Schedule

Beginners - 5 minutes of exercise a day for a week.

Add 5 minutes each week with a goal of 30 minutes a day.

Warm up before beginning

Cool down after finishing

Use 5-10 minutes of gentle stretches to warm up and cool down

Keep water nearby to stay well hydrated. Sip often.





All you have to do is begin.



Remember exercise is fun !