

Exercise in Pregnancy



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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





Factors:

extra weight

different center of gravity

relaxed ligaments

Results :

- less stable
- altered balance
- looser joints

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 !