

How can you be more active during pregnancy?



Already active?

Did you know, if you have an uncomplicated pregnancy and you're **already active it is safe to continue** with physical activities throughout pregnancy, and this has benefits for your physical and mental wellbeing?

New to activity?

Did you know, if you have an uncomplicated pregnancy and you're **new to activity, starting gradually** and building up your activity levels means you too can improve your physical and mental wellbeing?

Why should you be active during your pregnancy?



Helps to reduce high blood pressure problems

Helps prevent diabetes during pregnancy



Improves fitness

Helps to control weight gain



Improves sleep

Improves mood



How much activity is recommended?

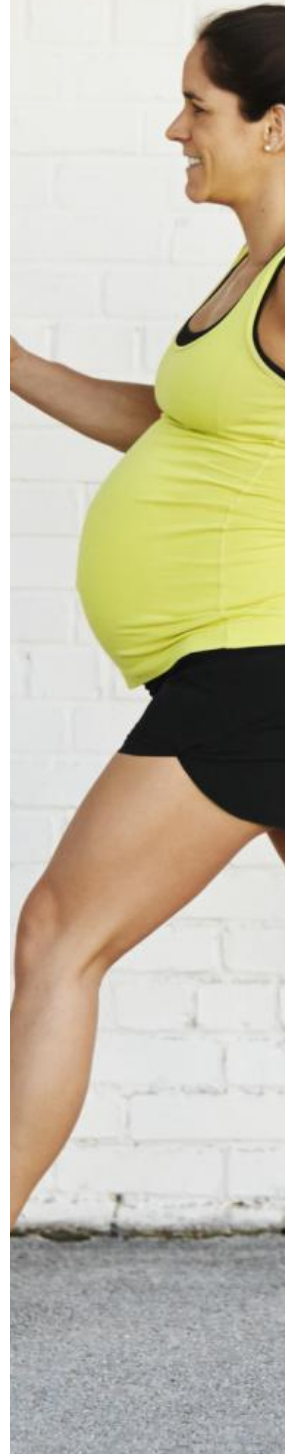
Aim to gradually build up to 150 minutes of moderate intensity physical activity spread throughout the week.

Don't worry, you need not do it all at once and every activity counts!

Include strength and balance activities twice per week e.g. walking uphill, taking the stairs, carrying shopping bags and pregnancy yoga.

What does it mean to be physically active?

Moderate intensity activities involve any exercise that makes you breathe faster whilst still being able to hold a conversation



Why not try one of these ways of getting active?



Important safety message

There is no evidence that being active during pregnancy is harmful to healthy women or their babies.

Listen to your body and adapt. If it feels pleasant keep going, if it is uncomfortable stop and seek advice.

Remember not to bump the bump. Avoid activities with an increased risk of injury through physical contact or falling/trauma.

If you're unsure seek advice from your midwife, health visitor or other healthcare professional.



Pelvic floor exercises

Pelvic floor exercises help to strengthen the muscles of the pelvic floor, which come under great strain in pregnancy and childbirth.

You can strengthen these muscles by doing pelvic floor exercises. This helps to reduce or avoid stress incontinence after pregnancy.

All pregnant women should do pelvic floor exercises, even if you're young and not suffering from stress incontinence now.

Where can I find more information and advice?

You can visit the following websites for further advice about suitable exercises throughout your pregnancy:

www.nhs.uk/conditions/pregnancy-and-baby/pregnancy-exercise

www.betterbirthlincolnshire.co.uk/pre-postnatal-activity

