



SUNFLOWER WOMEN'S HEALTHCARE, LLC

ACOG Guidelines: Recommendations for Exercise

Benefits of Exercising Throughout Your Pregnancy

- Help Relieve pregnancy related aches and pains.
- Maintain or increase your level of fitness.
- Boosts your mood and sense of an overall feeling of well-being.
- Promotes muscle tone, strength, and endurance.
- Gain less overall weight.
- Helps you sleep better.
- Easier for you to get back in to shape after your baby is born.

Recommendations for Exercise

- During pregnancy, women can continue their exercise program; just keep in mind to avoid any sport/exercise that could injure your abdomen.
- Pregnant women gain health benefits from mild-moderated exercise. Regular exercise (at least 3 times per week) is preferred, however even 30 minutes a day is beneficial. Start with 5 minutes of exercise and gradually work your way up to 30 minutes.
- Women should be aware to modify the intensity of their aerobic exercise. You should be able to talk without gasping for air during your routine. Stop exercising when you feel fatigued and **DO NOT** exercise to exhaustion.
- Women should avoid lying directly on their backs without movement after the first trimester. (Lying on the back using a wedge or hip roll so you are just off your right hip is okay). This position can decrease cardiac output in pregnant women potentially decreasing blood flow to the uterus.

Women with certain medical/obstetric/conditions should be evaluated with their doctors to determine if an exercise regimen is appropriate.