

Guide to being active during pregnancy

Why should you be active during pregnancy?

- Physical activity increases blood flow to the placenta, helping your baby's development
- It helps reduce high blood pressure problems
- It helps prevent gestational diabetes
- It helps control weight gain
- It improves your fitness
- It can reduce the chance of having a Caesarean by up to a third
- It helps you sleep better
- It helps your mood



How much activity is recommended?

Aim for 150 minutes of moderate physical activity spread throughout the week

Moderate physical activity is any activity which makes you breathe faster while still being able to hold a conversation

Don't worry, you don't need to do it all at once. Every minute counts!

Include strength and balance activities twice a week, like walking uphill, walking upstairs, carrying shopping bags, and pregnancy yoga or pilates



Why not try...



Walking



Gardening



Playing with family and friends



Active travel

New to activity? Start gradually

Build up your activity levels as your confidence increases

Already active? Keep going!

Keeping up your regular activity will benefit your health and wellbeing

Being active safely

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

Listen to your body - if it starts to feel uncomfortable, stop and seek advice

Don't lie on your back for more than a few minutes at a time

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

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



More information

Visit these websites to find more information and resources to help you be active during and after pregnancy

Active Norfolk

www.activenorfolk.org/healthy-pregnancy

This Mum Moves

thismummoves.co.uk/mum-or-mum-to-be

NHS

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



Why not try...



Swimming



Housework



Pregnancy yoga



Exercise class