

## Exercise During Pregnancy - Staying Active

### Benefits of exercising during pregnancy:

Staying active while pregnant can help boost your energy level, relieve backaches, and improve posture by strengthening and toning muscles of the back, butt, and thighs.

Exercising will also help you prepare your body for birth with strong muscles and a fit heart.

Exercising during pregnancy can help you to regain your pre-pregnancy body more quickly because you gain less fat weight when you are exercising regularly throughout pregnancy. If you are just starting to exercise regularly be sure to check with your doctor first.



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### Exercise Tips

- If you were inactive before pregnancy, start slowly to build up a routine.
- If you are already active you can continue your regular work out.
- Walking is great exercise. Vary your pace and add hills.
- Try swimming, yoga, or biking.
- Don't overdo it and be sure to drink plenty of water.
- Avoid bouncing or jarring movements and contact sports.
- Aim for 30 minutes on most or all days of the week.



### Warning Signs to STOP

If you experience any of these while working out, stop and contact your doctor:

- Vaginal bleeding
- Unusual pain
- Dizziness or fainting
- Nausea or vomiting
- Unusual shortness of breath
- Racing heartbeat
- Chest pain
- Uterine contractions

For more information call REACH CNY at 1-888-295-8662. Funded in part through the NYS Dept. of Health Division of Family Health.

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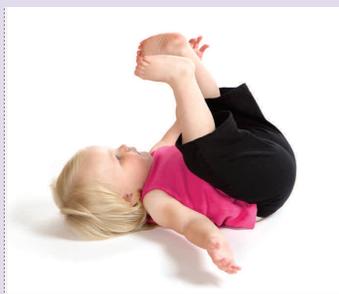
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