

How to Stay Active With a Baby on Board



Women eager to stay physically active throughout their pregnancy will likely have questions about exercising when pregnant.

How much should you exercise?

Women should always discuss their exercise plans with their OBGYN during early prenatal visits, as they will be able to gauge what is appropriate and safe. Generally, aim for at least 150 minutes of moderate aerobic activity per week. This can be 30 minutes, five days per week, or shorter 10-minute workouts during the day.



What types of exercises are safe during pregnancy?

- **Brisk walking** is easy on joints and provides a whole-body workout.
- **Swimming and water aerobics** provide good workouts with a low risk of injury.
- **Stationary bicycling** is safer than riding a regular bike.
- **Modified Pilates** and modified yoga reduce stress and promote focused breathing and stretching.
- **Avoid** any sports that put you at risk of being hit in the abdomen.

What are the benefits of exercising when pregnant?



Reduces back pain



Eases constipation



Helps maintain a healthy weight



May decrease risk of certain complications



Strengthens your heart

What symptoms are signs to stop exercising?

Stop what you're doing and contact your doctor if you:

- Become **lightheaded** or dizzy
- Feel **nauseated**
- **Sweat profusely**
- Begin **bleeding**
- Feel **short of breath** before a workout
- Experience **chest pain, muscle weakness** or **painful uterine contractions**



Have any questions about your pregnancy?
Find a physician at weillcornell.org/doctors