

Guidelines for **physical activity** during **pregnancy**

Being active during pregnancy is safe and has health benefits for you and your baby. It can reduce the risk of some pregnancy-related problems, and supports a healthy pregnancy.

DO	REMEMBER	
 Aerobic activities	 Drink plenty of water	 Short bursts of activity work
 Muscle strengthening activities	 Any physical activity is better than none	 Avoid heat stress/hyperthermia
 Pelvic floor exercises		

If you have a healthy pregnancy, and you were active before pregnancy, you can continue exercising.

If you were inactive before pregnancy, start slowly and build up your activity.

During your pregnancy aim to:

- Be active on most, if not all, days of the week.
- Do 30 to 60 minutes of moderate intensity activity or 15 to 30 minutes of vigorous intensity activity.
- Do muscle strengthening activities on at least 2 days each week.
- Break up long periods of sitting and standing still.
- Do pelvic floor exercises.

If you have complications, seek advice from a health professional before being active.

For more information go to health.gov.au



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