

Smart Ways to Exercise During Pregnancy



Exercise can help ease muscular aches and pains and other discomforts women sometimes experience during their pregnancies. Yoga, walking, swimming, and other forms of low-impact or stretching exercises are best.

Follow your health care provider's advice for exercising during your pregnancy. General guidelines for exercising during pregnancy follow:

- You can usually do the same forms of exercise you did before your pregnancy, but don't go to extremes.
- Check your pulse when you exercise. In general, your heart rate should stay below 140 beats a minute.
- Avoid any sport or activity with the risk of a hard fall, such as horseback riding and water skiing.
- Don't do exercises that involve jumping, twisting, or bouncy motions.
- Don't become overheated. Drink water before, during, and after you exercise. Make sure you get an extra 4 to 8 ounces of water for every 15 minutes of active exercise. Drink more fluids in warm weather or if you sweat a lot.
- After the 20th week of pregnancy, avoid exercises in which you lie flat on your back.