

# **Activities and Exercise During Pregnancy**

Most daily activities are allowed during pregnancy. If your pregnancy is high risk, or you start to experience complications, the activities and exercises listed below may not be considered safe. It is important to discuss this with your physician if your pregnancy status changes. If you have not been recently involved in an exercise regimen, it is okay to start one during pregnancy. You will need to start out gradually by exercising for short periods of time with frequent rest periods. Exercise is a great way for you to manage weight gain, enhance fetal well being, and control pregnancy related symptoms. It also can give you a sense of improved well-being during pregnancy.

## **Activities you may continue:**

- Sexual intercourse
- Employment
- Housework
- Painting in well ventilated areas
- Travel up to 36 weeks gestation
- Hair – coloring, highlights, and permanents are okay
- Over-exposure to sunlight. When you are pregnant, you may sunburn easier.

## **Exercise Guidelines:**

- You may continue with exercise you currently participate in as long as they are not high impact, or a contact sport.
- Avoid impact activities such as horseback riding, skiing, amusement park rides, 4-wheeling, high-impact aerobics, and running.
- Exercise such as walking, swimming, stationary biking, and water aerobics is especially beneficial.
- Be sure to consume adequate fluids while exercising, and avoid exercising in hot conditions.
- As a general rule, your heart rate should not exceed 140 beats per minute while pregnant during exercise. If you were already exercising at higher training levels prior to pregnancy, consult your doctor.
- Use common sense while exercising. If you experience bleeding, cramping, dizziness, or shortness of breath, stop exercising immediately.

## **Activities to avoid:**

- Hot tubs or whirlpools
- Kitty litter boxes (do not clean or empty)
- Nicotine or Alcoholic beverages
- Aspirin or Ibuprofen
- Exposure to Chicken pox, Measles, or Fifth's disease
- Douching or tampons