

Title: Aerobic exercise in pregnancy

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Abstract: This pamphlet discusses aerobic exercise during pregnancy. Non-contact aerobic exercises that are done 2-3 times a week improve the mother physical fitness. There is not enough data to determine if there are adverse/beneficial effects on fetal outcome.

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## Benefits of Aerobic Exercising During Pregnancy

### -Feel better

1. relieve backaches, improve posture
2. reduce constipation
3. help you sleep better by relieving stress and anxiety

### -Look better

1. increases blood flow to skin

### -Prepare you and your body for birth

1. Strong muscles and fit heart can ease labor and delivery
2. Help manage pain

### -Regain your pre-pregnancy body earlier

1. Gain less fat weight

## Some Exercises that you can do

### -Swimming



### -water aerobic



### -yoga



### -pilates



### -biking



### -walking





### **Some Exercises that you should AVOID that includes:**

- bouncing
- jarring (anything that would cause a lot of up and down movement)
- leaping
- a sudden change of direction
- a risk of abdominal injury

And check with your doctor if you experience any of these warning signs during any type of exercise:

- vaginal bleeding
- unusual pain
- dizziness or lightheadedness
- unusual shortness of breath
- racing heartbeat or chest pain
- fluid leaking from your vagina
- uterine contractions



## Getting Started

Always talk to your doctor before beginning any exercise program. Once you're ready to get going:

- Start gradually. Even 5 minutes a day is a good start if you've been inactive. Add 5 minutes each week until you reach 30 minutes.
- Dress comfortably in loose-fitting clothes and wear a supportive bra to protect your breasts.
- Drink plenty of water to avoid overheating and dehydration.
- Skip your exercises if you're sick.
- Opt for a walk in an air-conditioned mall on hot, humid days.
- Above all, listen to your body.



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