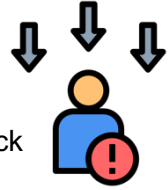


Why Prenatal Exercise Matters

Keeping active is one of the best things you can do for yourself and your baby! Here's why:

- **Boosts Energy:** Regular exercise can give you a much-needed energy boost and help manage mood swings.
- **Eases Aches and Pains:** Helps reduce common discomforts like back pain, leg cramps, and swelling.



- **Prepares for Labor:** Strengthens muscles, improves stamina, and keeps you flexible—all of which can make labor easier.
- **Supports Baby's Health:** Promotes healthy blood circulation, delivering oxygen and nutrients to your little one.

- **Reduces Risk of Complications:** Lowers the chances of developing gestational diabetes and preeclampsia.



Quick Tip: Aim for about 30 minutes a day of moderate exercise like walking or prenatal yoga, but always listen to your body. If you feel tired, it's okay to rest! If you want to know more about prenatal exercises, [click the link outside.](#)

