

## Safe Exercises for Each Trimester

Your body changes a lot during pregnancy, so it's important to adapt your exercises accordingly. Here's what's safe and effective for each stage:

- **First Trimester (Weeks 1-12)**



- Light cardio: Walking, swimming, and gentle cycling.
- Low-impact strength training: Focus on arms and legs with small weights (avoid anything that puts strain on your core).
- Gentle stretching and prenatal yoga.
- **Tip:** Keep movements slow and controlled, especially if you're feeling extra tired or nauseous.

- **Second Trimester (Weeks 13-28)**



- Best time for exercise! Many moms-to-be feel more energetic now.
- Add in: Low-impact aerobics, modified Pilates, or resistance band exercises.
- Focus: Building strength and maintaining good posture as your bump grows.
- **Tip:** Avoid lying flat on your back, as it can cause dizziness and affect blood flow.

- **Third Trimester (Weeks 29-40)**



- Stick to low-impact activities: Prenatal yoga, seated exercises, and gentle stretching.
- Pelvic floor exercises: Kegels and pelvic tilts to prep for labor and postpartum recovery.
- Gentle cardio: Swimming or a leisurely stroll.
- **Tip:** Be extra mindful of balance—your center of gravity shifts, making falls more likely.