

Safety First, Always!

We want you and your baby to stay safe and happy, mama! Here are some things to keep in mind:

- **Listen to Your Body:** If you're tired, lightheaded, or uncomfortable—take a break.
- **Avoid These:**
 - High-impact activities like running or jumping.
 - Lying flat on your back after the first trimester.
 - Exercises that require holding your breath.
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- **Hydrate, Hydrate, Hydrate!** Drink plenty of water before, during, and after exercise.
- **Stop Immediately If You Experience:**
 - Dizziness, severe shortness of breath, or headache.
 - Chest pain or sudden swelling.
 - Contractions or decreased baby movements.