



What's your move?

Physical activity during pregnancy is safe and healthy — for you and your baby. And did you know it can help you **feel better** right away?



Boost your mood



Sharpen your focus



Reduce your stress



Improve your sleep

So get more active — and start feeling better today.

Getting active can even make your **labor shorter** and **recovery faster**. Plus, it can make it **less likely** you'll have complications like:

- Gestational diabetes (a type of diabetes that happens during pregnancy)
- Preeclampsia (a condition that causes high blood pressure and other problems)
- Postpartum depression

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



Is that more than you can do right now? **Start with just 5 minutes.** It all adds up!

What's safe during pregnancy?

Lots of activities are safe! Just avoid:

- Contact sports and anything where you could fall or get hit in the belly
- Lying flat on your back during activity after the first trimester (it causes problems with blood flow)

You can find ways to adapt your favorite physical activities — like propping yourself up with a pillow when you'd normally be on your back.

Listen to your body.

If an activity doesn't feel right, try something else! Remember, lots of things count — so find a way that works for you.



And if you're not sure where to start, try adding a bit more walking to your day. Walking is safe and easy, and you can do it almost anywhere.

More questions? Talk with your doctor.



Prenatal checkups are a great time to talk about physical activity. Try asking these questions:

- How can being active help me have a healthier pregnancy?
- What activities would you recommend for me?
- Are there any activities I should avoid?

You can get more active.

No matter how active you were before pregnancy, or what stage of pregnancy you're at — you can **find your move**.

Find tips to get moving and build a weekly activity plan.

health.gov/MoveYourWay/Activity-Planner

