FAQS

**Is it safe to exercise during pregnancy?**

No need to cap on it there are different exercises that are very beneficial for you an your baby's health .So I do say that it is safe to exercise during pregnancy. Its better to chose a healthier option.

**What are the exercises to do when I’m pregnant?**

These can be included on your daily routine since they are easier and much safer to do :Walking, Prenatal yoga, Swimming and Stationary cycling.Just carry a bottle of water around you.

**Sometimes I get fatigued and have shortness of breath any advice?**

If you are exercising kindly minimize your work out sessions .Hydrate and take good rests between your workout sessions.

**What are the exercises that I should avoid during pregnancy?**

* Any high impact exercise
* Exercising in hot weather
* Exercises that require lying on the back for long periods

**Why should I exercise?**

Well you should exercise since it helps in the following:

* Improve general fitness
* Good for your mental health
* Reduce back pains
* Promotes healthy weight gain during expectancy