

# Exercise

## Staying healthy during pregnancy

Exercise helps more than your muscles. It also helps your mental health. It can help lower stress, lift your spirits and lead to better sleep. Drink plenty of water before, during and after you exercise!

### Exercise during pregnancy

Talk to your doctor before you start exercising. Exercise is good for you and your baby. Follow these tips to help keep you and your baby safe.

- ✓ Wear light, comfortable clothes that support your chest.
- ✓ Remember to stretch before and after you exercise to help your body move better and stay strong.
- ✓ Try to be active for at least 30 minutes each day. Start off easy and don't rush.
- ✓ If you haven't exercised before, go slowly and take your time getting started.
- ✓ Find things you enjoy. Walk, swim or try yoga. They can improve your fitness.
- ✓ Don't play sports where you must jump a lot. Jumping can hurt your joints, especially in the last three months of pregnancy.
- ✓ Stop exercising if you feel tired or too hot.

- ✓ After the first three months, don't exercise while lying on your back. This can make it harder for blood to get to your baby.
- ✓ Stay away from hot tubs and saunas, especially during the first three months.



### Do you have questions?

Call our 24-hour Nurse Advice Line. We are here to help you.

English: **(888) 275-8750**

Español: **(866) 648-3537**

TTY: **(866) 735-2922**



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ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call (866) 472-4585 (TTY: 711). ATENCION: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (866) 472-4585 (TTY: 711). ATANSYON: Si w pale Kreyol Ayisyen, gen sevis ed pou long ki disponib gratis pou ou. Rele (866) 472-4585 (TTY: 711).