

## Exercise Guidelines

- In the absence of complications, pregnant women are encouraged to engage in 30 minutes or more moderate exercise a day on most, if not all, days of the week. As always, check with your doctor before beginning an exercise program.
- After 20 weeks, pregnant women should avoid supine (on your back) positions during exercise. This is to prevent significant decrease in your blood pressure.
- Participation in a wide range of recreational activities appears to be safe. However, activities with a high risk for falling or abdominal trauma should be avoided during pregnancy, such as ice hockey, soccer, basketball, gymnastics, horseback riding, downhill skiing and vigorous racquet sports.
- Scuba diving should be avoided throughout pregnancy.
- Exertion at altitudes of up to 6,000 feet appears to be safe; however, engaging in physical activities at higher altitudes carries various risks.
- Do the “talk test”—you may exert yourself during exercise, but should not reach an intensity level where you are unable to carry on a conversation without severe shortness of breath.

## Warning Signs to Stop Exercising and Call Your Doctor

- Vaginal bleeding
- Dyspnea (difficult or labored breathing) prior to exertion
- Dizziness
- Headache
- Chest Pain
- Muscle weakness
- Calf pain or swelling
- Preterm labor
- Decreased fetal movement
- Amniotic fluid leakage