



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 a significant decrease in your blood pressure.
- Participation in a wide range of recreational activities appears to be safe, such as **brisk walking, dancing, gardening, or swimming.** It's okay to **continue to do vigorous-intensity aerobic physical activity such as running** during pregnancy
- 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



Quick Summary

- ☒ Do at least **150 minutes of moderate-intensity aerobic physical activity per week** during pregnancy
- ☒ **Call your doctor if you see any warning signs** during exercising

Additional resources:




Everyone needs a mix of physical activity during and after pregnancy.

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.

at least
150
minutes
a week




AND

Muscle-strengthening activity


Do activities that make your muscles work harder than usual.

at least
2
days
a week



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

Walk. Run. Dance. Play. **What's your move?**



Physical Activity Recommendations for Pregnant and Postpartum Women

Moderate-intensity physical activity is safe for you during pregnancy if you are generally healthy. It can help reduce your risk of excessive weight gain and gestational diabetes and keep your heart and lungs healthy. During the postpartum period (first year after delivery), physical activity can decrease symptoms of postpartum depression. When combined with caloric restrictions, it can also help you with weight loss after delivery.



Physical Activity Recommendation

Get at least **150 minutes** (for example, 30 minutes 5 days a week) of **moderate-intensity aerobic activity** a week during pregnancy and the postpartum period. Remember, **some physical activity is better than none**, so do what you can.



Benefits

- Reduces the risk of **excessive weight gain** during pregnancy.
- Reduces the risk of **gestational diabetes** during pregnancy.
- Reduces symptoms of **postpartum depression**.



Examples of Moderate-Intensity Physical Activity*

- Brisk walking.
- Some forms of yoga.
- Water aerobics.
- Bike riding.

**After the first trimester, try to avoid activities that require lying flat on your back.*

Note: If you are pregnant, you can consult your health care provider to see whether and how to adjust your physical activity during pregnancy, and after the baby is born. Learn more about [staying healthy](#) while pregnant.



For more information, visit
<https://www.cdc.gov/physicalactivity/basics/>
<https://health.gov/moveyourway#during-after-pregnancy>

Source: [Physical Activity Guidelines for Americans \[PDF-14.4MB\]](#), 2nd edition



<https://health.gov/moveyourway#during-after-pregnancy>

<https://www.cdc.gov/physicalactivity/basics/pregnant-and-postpartum-women.html#print>