



Hackensack
Meridian *Health*
Riverview Medical Center



The Childbirth Center at Riverview Medical Center

Exercise during Pregnancy

With the approval of your doctor, regular exercise can help to minimize the physical discomfort of pregnancy and help with recovery after your baby is born. All women should discuss exercise with their doctor prior to starting an exercise regimen, both during and after pregnancy.

Tips for Beginning Exercise during Pregnancy

- Start slow – begin by exercising for 10 minutes or so a day and gradually build up to 30 minutes on most days of the week. Your workouts should be slow and steady.
- Eat properly – be mindful of your nutrition and fluids, and know you may need to eat extra calories than you used to eat while exercising during pregnancy.
- Stay hydrated – keep yourself cool and always keep a water bottle nearby.
- Get plenty of sleep and rest.

A Few Safe Exercises Include:

- Walking
- Light jogging (if you were previously a runner)
- Low-impact aerobics
- Swimming
- Prenatal yoga and stretching

Exercises to Avoid:

- High-risk sports like scuba-diving, horseback riding, skiing/snowboarding, waterskiing, and biking
- Sit-ups and any exercise done while lying flat on your back
- Weight-lifting