



How can you be more active during your pregnancy?

Already active?

Keep going.

If you are healthy, have an uncomplicated pregnancy, and already active, it is safe to continue with physical activities. Being active can improve your physical and mental health.

New to activity?

Start gradually.

If you are healthy, have an uncomplicated pregnancy, and new to activity, **starting gradually** and **building up** your activity levels means you too can improve your physical and mental health.

Why should you be active during your pregnancy?

Key benefits include:



Helps to reduce high blood pressure



Improves fitness



Helps to prevent diabetes of pregnancy



Improves sleep



Helps to control weight gain



Improves mood

How much activity is recommended?

Aim to accumulate **150 minutes of moderate intensity** physical activity throughout the week.

Don't worry, you need not do it all at once. Every activity counts!

Include strength and balance activities twice per week e.g. walking uphill, taking the stairs, carrying shopping bags, and pregnancy yoga.

What does it mean to be active at a moderate intensity?

Moderate intensity activities involve any activity that makes you breathe faster whilst still being able to hold a conversation.



Why not try one of these ways of getting active?



Walking



Gardening



Active travel



Exercise Classes



Swimming



Housework



Taking the stairs



Pregnancy Yoga/Pilates /TaiChi



Playing with family/friends

For more ideas and inspiration visit:

www.activepregnancyfoundation.org/findyouractive

Important safety messages

There is no evidence that being active during pregnancy is harmful to healthy women or their babies.

Listen to your body and adapt. If it feels pleasant keep going, if it is uncomfortable stop and seek advice.

Remember not to bump the bump. Avoid activities with an increased risk of injury through physical contact or falling/trauma.

If you're unsure seek advice from your midwife, health visitor or other healthcare professional.



To find out more about #ThisMumMoves visit:

www.activepregnancyfoundation.org/thismummoves

**Join the
movement!**

Join the thousands of
women finding ways to be
active during pregnancy

Share your activity journey
with **#ThisMumMoves**



The information on this leaflet is based on guidance provided by
the UK Chief Medical Officers (2019):

www.gov.uk/government/collections/physical-activity-guidelines

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