

## Exercise During Pregnancy

A thorough clinical evaluation is recommended before initiating an exercise program. Women with medical conditions should consult with their Ob/Gyn physician. Healthy women with uncomplicated pregnancy, who maintain moderate to high-intensity activity may continue in the first trimester. However, your performance will naturally decline as the pregnancy continues into 2<sup>nd</sup> and 3<sup>rd</sup> trimesters. Listen to your body, don't exert more than what is practically reasonable.

### Type of Exercise:

Aerobic exercise using large muscle groups in a continuous rhythmic manner is appropriate (walking, swimming, dancing, cycling, rowing, weight-training).

Avoid activities with high risk of falls, scuba diving, exertion in supine position, or being at high altitude > 6,000 feet.

### Intensity & Duration:

The recommended intensity of physical activity for maintaining fitness:

- 60-70% of maximal heart rate for women who have not been exercising prior to pregnancy
- 80-90% of maximal heart rate for moderate to high intensity exercisers.

The American College of Sports Medicine recommends at least 30 minutes of physical exertion accumulated over the course of the day on most days of the week