

## Fact Sheet

### Being active during pregnancy

womensnewbornhealth.com.au

#### Being active during pregnancy

Staying active during your pregnancy can help

- you sleep better
- feel more energised
- ease lower back pain
- reduce constipation
- relieve stress or anxiety

It is important to exercise at a level which is comfortable, drink water and stop when you are tired.

You should aim for 30 minutes of moderate exercise most days. Walking and swimming are ideal activities during pregnancy. If you are doing a group exercise class make sure your instructor is qualified and aware you are pregnant.

If you were active before pregnancy it is usually fine to continue the same activity, just check with your midwife or doctor regarding the sport or activity.

If you have not exercised regularly do not commence a fitness regime too quickly. At 12 weeks gestation is usually a good time to start a gentle exercise program for pregnancy. These programs can include-

- yoga
- walking
- hydrotherapy
- swimming

#### Pelvic floor exercises

Your pelvic floor are the muscles forming a base supporting your bladder, uterus and bowel. Hormones and a growing uterus can weaken and sag the pelvic floor during pregnancy. This can cause accidental loss of urine (incontinence) and a need to pass urine more frequently. Keeping the pelvic floor toned with specific exercises can minimise incontinence.

To exercise your pelvic floor pull up your muscles inside your vagina as though you are stopping yourself passing urine or wind – without tensing your thighs or buttocks. Hold this for a few seconds and relax. Repeat this exercise regularly and frequently every day.

You can talk to a Get Healthy Service health coach (<http://www.gethealthynsw.com.au/get-started>),

Your doctor or midwife can help you decide on safe activities during pregnancy.

Read more on being active during pregnancy from the NSW Health PDF [Get Healthy Service Being Active in Pregnancy](#)

**We welcome further feedback on this brochure as a way of continually improving our service.**

**Send your feedback to:**

WSLHD-Get\_Involved@health.nsw.gov.au