

Being active is important during Pregnancy

What good things could being more active do for you?



Helps control gestational weight gain



Helps prevent gestational diabetes



Improves physical ability



Helps you get a good night's sleep

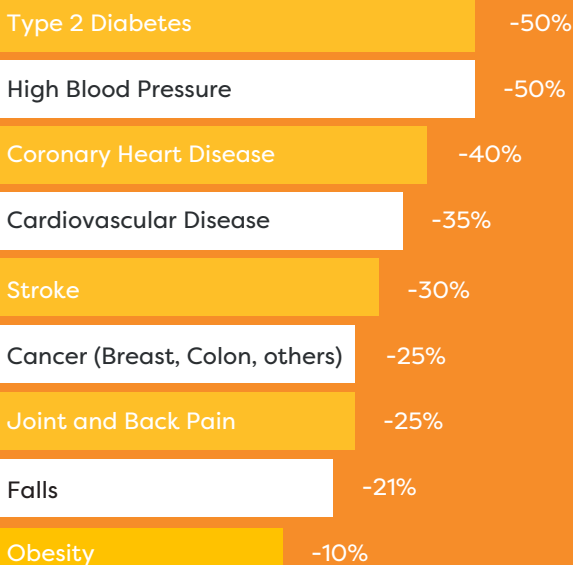


Helps prevent blood pressure problems



Improves mental health

Reduce your risk by being more active. All adults keeping physically active reduces your chance of:



How can being active improve my pregnancy?



Better sleep quality



Gradual increase in physical activity

Improve fitness

Less fatigue and greater energy

Improves resilience

Follow these Top Tips to keep you active:

Build activity into everyday life:

1

Any activity is better than none; remember 'Every movement counts'; build up your activity levels gradually

2

It's hard to stay active in pregnancy & not every pregnancy is the same so don't be too hard on yourself, set small goals

3

Don't stop, just adapt your activity throughout pregnancy

4

Integrate moving into your daily routine.

5

Find an activity you enjoy. Your community midwife has a list of local activities that are recommended.

6

No kit is required - being more active doesn't always mean attending an exercise class or going to the gym

7

Some people find it helpful to keep active with others: Find a buddy, join a group, get friends and family involved.

8

Track and record your activities using an activity device/pedometer - you will be surprised how much you are already doing.

