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Exercise and Pregnancy

Regular exercise builds bones and muscle, gives you energy, and keeps you healthy. It is very important that you exercise 30 minutes each day when you are pregnant. This will help you feel better and have more energy at a time when your body is undergoing many changes. Exercising can reduce backache and swelling, can improve your mood and posture, and may help you get a better night's sleep.

- Walking is a wonderful pregnancy exercise. It is easy on your joints and muscles.
- Yoga is also a great option. Please let us know if you would like class information.
- Swimming is a fabulous exercise to engage in while pregnant. It provides you with an aerobic workout without placing strain on your joints and muscles.
- Any exercise that you regularly participated in prior to becoming pregnant, with modifications for pregnancy, should be fine to continue with. Please discuss your plans for continuing in a particular exercise with us so that we can provide you with information about how to stay safe. Many pregnant women have remained active in their sport right up until the time of delivery!

Remember, while you exercise pay attention to your body. Never exercise to the point of exhaustion. You should easily be able to hold a conversation while exercising.

Most forms of exercise are safe in pregnancy but some involve positions and movements that are uncomfortable, tiring, or harmful. Avoid exercises that:

- Place too much strain on your joints
- Place you off balance
- Cause you to become overheated, short of breath, dizzy, or faint
- Cause you pain