

PREGNANCY AND EXERCISE



EVIDENCE SUGGESTS

Physical activity is **NOT** associated with fetal complications such as miscarriage, stillbirth and preterm birth.

According to 2019 Canadian Guideline for Physical Activity Throughout Pregnancy, all women without medical restrictions* should be physically active throughout pregnancy.

STUDIES SHOW PHYSICAL ACTIVITY THROUGHOUT PREGNANCY CAN REDUCE THE RISK OF:

Pregnancy-related illnesses such as depression by at least

25%

Developing gestational diabetes, high blood pressure and pre-eclampsia by

40%



Pregnant women should get at least **150 MINUTES** PER WEEK of moderate-intensity physical activity, which could include walking, swimming, stationary cycling and resistance training.



A U.S. study found that only **15 per cent** of pregnant women meet the current guidelines for exercise during pregnancy.

RESISTANCE TRAINING

SAMPLE PROGRAM

UPPER BODY

PRESS UPS 2 x 10 reps
(standing against a wall)

TRICEP DIPS 2 x 10 reps
(from a chair with knees bent)

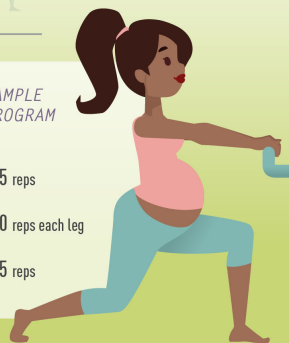
UPRIGHT ROW 2 x 10 reps
(with band or light weight)

LOWER BODY

BODY WEIGHT SQUAT 2 x 15 reps
(or sit-to-stand from chair)

LUNGE 2 x 10 reps each leg
(with support if needed)

CALF RAISES 2 x 15 reps
(with support if needed)



* Women who have medical restrictions should consult with their obstetric care provider prior to participation. Some of these contraindications include women with a ruptured membrane, persistent vaginal bleeding, a growth-restricted pregnancy, premature labour, pre-eclampsia and uncontrolled thyroid disease.



UNIVERSITY OF ALBERTA
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**PROGRAM
FOR PREGNANCY
& POSTPARTUM
HEALTH**



In partnership with Canadian Society for Exercise Physiology, The Society of Obstetricians and Gynaecologists of Canada, Université du Québec à Trois-Rivières and Western University Program for Pregnancy and Postpartum Health, exerciseandpregnancy.ca