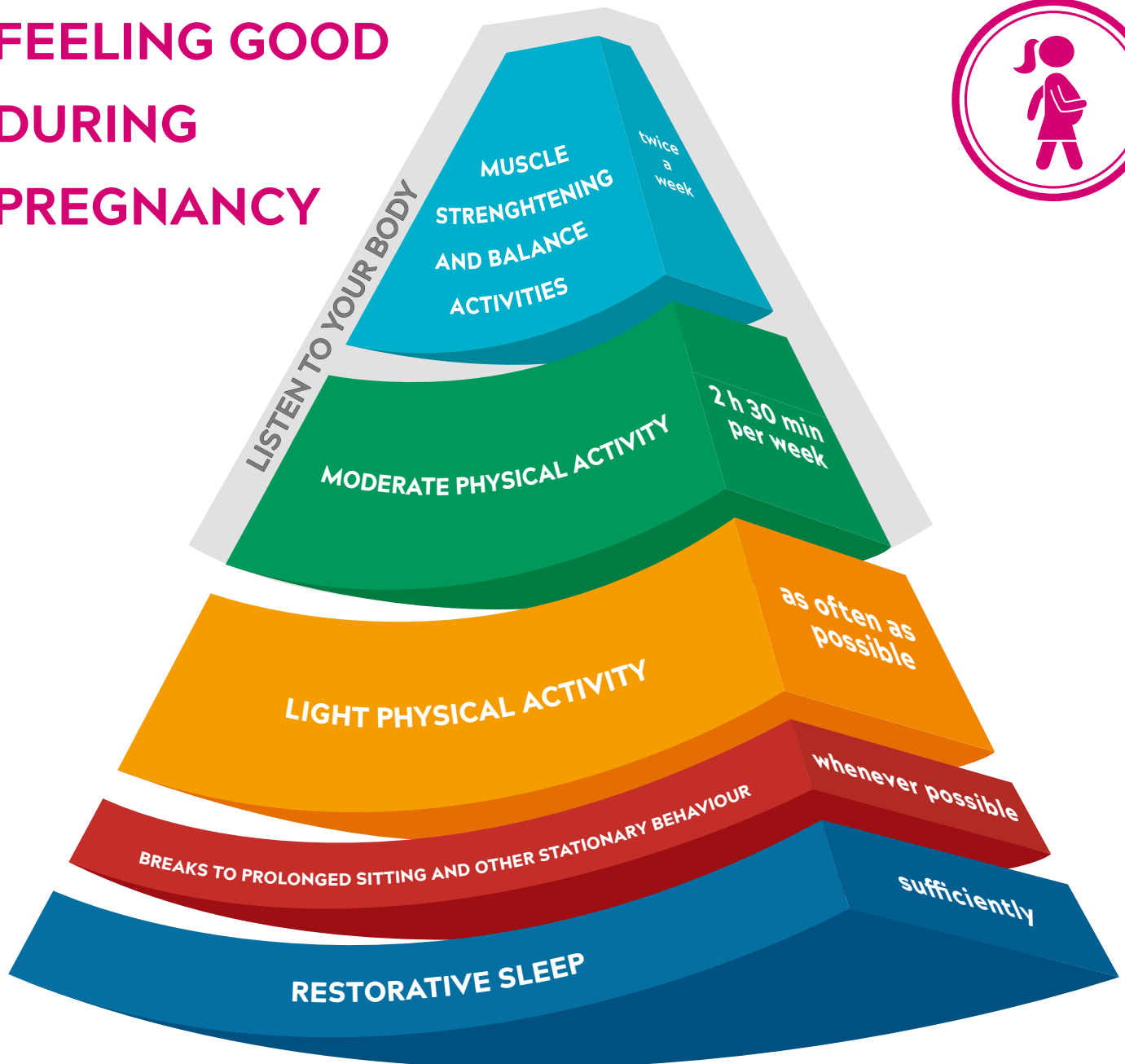


FEELING GOOD DURING PREGNANCY



Weekly physical activity recommendation during pregnancy (uncomplicated pregnancy)

UTILISE EVERYDAY OPPORTUNITIES TO BE PHYSICALLY ACTIVE

Light physical activity as often as possible

Every step counts. Utilise housework, grocery shopping, outdoor activities with your family and other everyday chores.

Breaks to sedentary behaviour whenever possible

Breaks improve blood circulation, activate muscles and reduce strain on your body. Stand up while answering your phone, set automatic reminders for breaks, and disengage from screen entertainment and social media every now and then.

Restorative sleep sufficiently

During sleep, your brain structures your thoughts and helps you to recover from daily stress. Learn to recognise the amount of sleep that you need and aim to sleep accordingly.

Regular physical activity

- improves physical fitness and helps to manage pregnancy-induced physical strain
- speeds up the recovery after delivery
- affects positively to your mood
- helps to prevent excessive gestational weight gain and decreases the risk of gestational diabetes.

Physical activity is not harmful to the baby.

HOW MUCH PHYSICAL ACTIVITY IS GOOD FOR YOU?



Moderate physical activity

At least 2 h 30 min per week
Spread physical activity to at least three days a week.

> Physical activity is moderate if you are able to talk despite shortness of breath.

AND

Muscle strengthening and balance activities

At least twice a week
The more diversity in your physical activity, the better.

> Suitable physical activity is e.g. gym training, gymnastics exercise, dancing and yardwork.

If you have not been physically active before pregnancy

- Start with short and light sessions; regularity and total amount of physical activity are more important than duration and intensity.
- Increase the duration, intensity and number of sessions gradually.

If you have been physically active before pregnancy

- You can continue with light and moderate physical activity as before, but listen to your body and ease the training accordingly
- Consult your physician about continuing with physical activity that markedly exceeds the amount and intensity of the general recommendation (goal-oriented vigorous physical activity, competitive sports).

#physicalactivityrecommendation

REMEMBER

- to drink during physical activity – it enhances sweating and body temperature regulation
- to warm-up and cool-down.

AVOID

- a prolonged supine position if it makes you feel unwell
- abdominal strengthening exercises if you suspect separation of abdominal muscles (diastasis recti). In that case, ask your maternity clinic for further instructions.
- activities that include physical contacts, a risk of falling or rapid changes of directions (e.g. many ball games and contact sports, ice hockey, downhill skiing and horseback riding)
- physical activity in hot and humid and at high altitudes with reduced levels of oxygen,
- scuba diving.

STOP PHYSICAL ACTIVITY AND CONTACT MATERNITY CARE IF YOU GET ANY OF THE FOLLOWING SYMPTOMS:

- Severe shortness of breath that does not resolve on rest
- Chest pain
- Regular and painful contractions
- Vaginal bleeding
- Severe headache
- Dizziness that does not resolve on rest
- Calf swelling and pain

Contact your maternity care about continuing with physical activity also in case you have any other problems or symptoms.

MOVE YOUR WAY. EVERY DAY.