Why should you be active during pregnancy?

Physical activity increases blood flow to the placenta, helping your baby’s development
It helps reduce high blood pressure problems
It helps prevent gestational diabetes
It helps control weight gain
It improves your fitness
It can reduce the chance of having a Caesarean by up to a third
It helps you sleep better
It helps your mood

How much activity is recommended?

Aim for 150 minutes of moderate physical activity spread throughout the week
Moderate physical activity is any activity which makes you breathe faster while still being able to hold a conversation
Don’t worry, you don’t need to do it all at once. Every minute counts!
Include strength and balance activities twice a week, like walking uphill, walking upstairs, carrying shopping bags, and pregnancy yoga or pilates

Why not try...

Walking  Gardening  Playing with family and friends  Active travel
New to activity?
Start gradually
Build up your activity levels as your confidence increases

Already active?
Keep going!
Keeping up your regular activity will benefit your health and wellbeing

Being active safely
There is no evidence that being active during pregnancy is harmful to healthy women and their babies
Listen to your body - if it starts to feel uncomfortable, stop and seek advice
Don’t lie on your back for more than a few minutes at a time
Remember not to bump the bump. Avoid activities with an increased risk of injury through physical contact or falling
If you’re unsure seek advice from your midwife, health visitor, or other healthcare professional

More information
Visit these websites to find more information and resources to help you be active during and after pregnancy

Active Norfolk
www.activenorfolk.org/healthy-pregnancy
This Mum Moves
thissmummoves.co.uk/mum-or-mum-to-be
NHS
www.nhs.uk/conditions/pregnancy-and-baby/pregnancy-exercise

Why not try...
Swimming
Housework
Pregnancy yoga
Exercise class

The information on this leaflet is based on guidance provided by the UK Chief Medical Officers. For further details visit: www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report