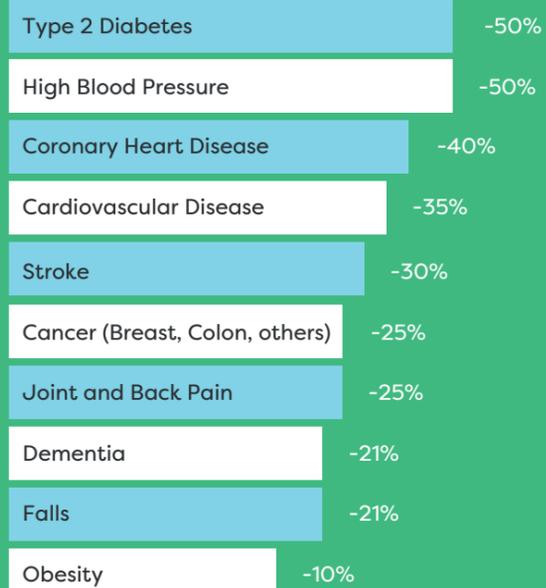


# Being active is important during Pregnancy

## 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:

- Any activity is better than none; remember 'Every movement counts'; build up your activity levels gradually
- 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
- Don't stop, just adapt your activity throughout pregnancy
- Integrate moving into your daily routine.
- Find an activity you enjoy. Your community midwife has a list of local activities that are recommended.
- No kit is required - being more active doesn't always mean attending an exercise class or going to the gym
- Some people find it helpful to keep active with others: Find a buddy, join a group, get friends and family involved.
- Track and record your activities using an activity device/pedometer - you will be surprised how much you are already doing.

## Build activity into everyday life:

