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
- Helps control gestational weight gain
- Helps you get a good night’s sleep

Reduce your risk by being more active. All adults keeping physically active reduces your chance of:

<table>
<thead>
<tr>
<th>Condition</th>
<th>Reduction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Type 2 Diabetes</td>
<td>-50%</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>-50%</td>
</tr>
<tr>
<td>Coronary Heart Disease</td>
<td>-40%</td>
</tr>
<tr>
<td>Cardiovascular Disease</td>
<td>-35%</td>
</tr>
<tr>
<td>Stroke</td>
<td>-30%</td>
</tr>
<tr>
<td>Cancer (Breast, Colon, others)</td>
<td>-25%</td>
</tr>
<tr>
<td>Joint and Back Pain</td>
<td>-25%</td>
</tr>
<tr>
<td>Dementia</td>
<td>-21%</td>
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<tr>
<td>Falls</td>
<td>-21%</td>
</tr>
<tr>
<td>Obesity</td>
<td>-10%</td>
</tr>
</tbody>
</table>

How can being active improve my pregnancy?

- Better sleep quality
- Less fatigue and greater energy
- Gradual increase in physical activity
- Improved fitness
- Improved resilience

Follow these Top Tips to keep you active:

1. Any activity is better than none: remember ‘Every movement counts’; build up your activity levels gradually
2. 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
3. Don’t stop, just adapt your activity throughout pregnancy
4. Integrate moving into your daily routine.
5. Find an activity you enjoy. Your community midwife has a list of local activities that are recommended.
6. No kit is required – being more active doesn’t always mean attending an exercise class or going to the gym
7. Some people find it helpful to keep active with others: find a buddy, join a group, get friends and family involved.
8. 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:

- Yoga/pilates /tai chi
- Swimming or aqua class
- Throwing ball in park
- Exercise class
- Gardening
- Housework
- Carrying the shopping home
- Walking at home
- Travelling
- Stand during advert break
- Cycling
- Public transport
- Walking at work
- Walking meeting
- Standing to talk on telephone
- Standing at your desk

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