



## PrenatalCare

Healthy moms, healthy babies = Our priority

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# EXERCISING

For most women, exercising during pregnancy and after birth is not only safe but also beneficial for both their babies' and their own health.

*Your safety is our top priority so please talk to your provider before exercising.*

### *Did you know?*

Exercise in pregnancy has been shown to decrease macrosomia (fetus grows larger than average), gestational diabetes, preeclampsia, cesarean delivery, low back pain, pelvic girdle pain and urinary incontinence.

### Best Pregnancy Exercises

- Brisk Walking
- Kegels
- Swimming
- Stationary Bicycling
- Prenatal Yoga
- Jogging
- Dancing

### Exercises to Avoid During Pregnancy

- Basketball
- Soccer
- Hot Yoga
- Skiing
- Horseback Riding
- Ice Hockey
- Boxing

### Benefits

- Reduces risk of complications
- Eases pregnancy symptoms
- Increases energy
- Reduces stress
- Ensures healthy weight gain
- Prepares body for labor

