



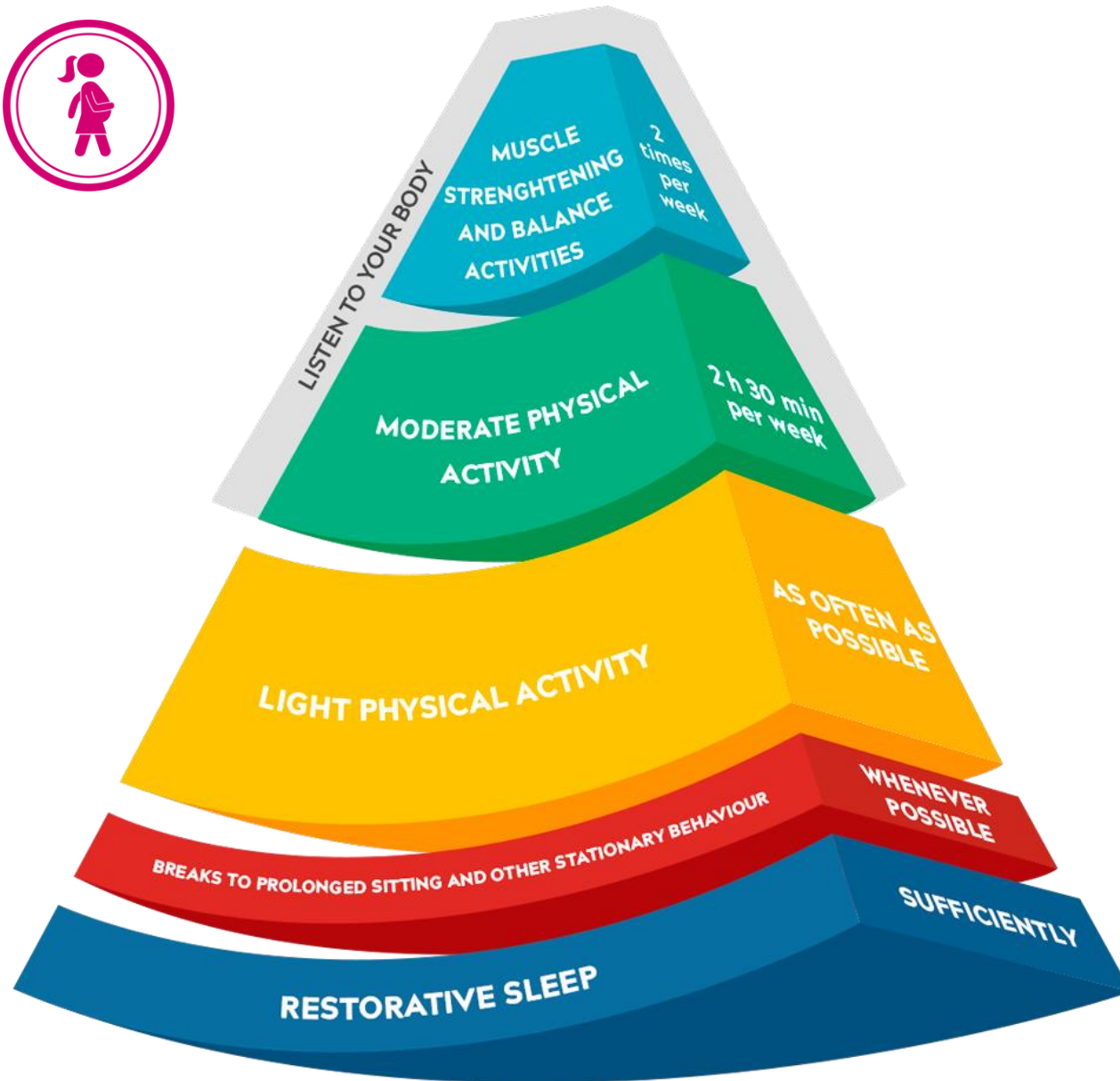
Weekly
**physical activity
recommendation**
during pregnancy



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.



FEELING GOOD during pregnancy

A person is lying on their back on a blue mat on a bed of autumn leaves. The person is wearing a light blue long-sleeved shirt and light blue pants. A white text box with rounded corners is overlaid on the image, containing the text "Balance physical activity and rest".

Balance physical activity and rest

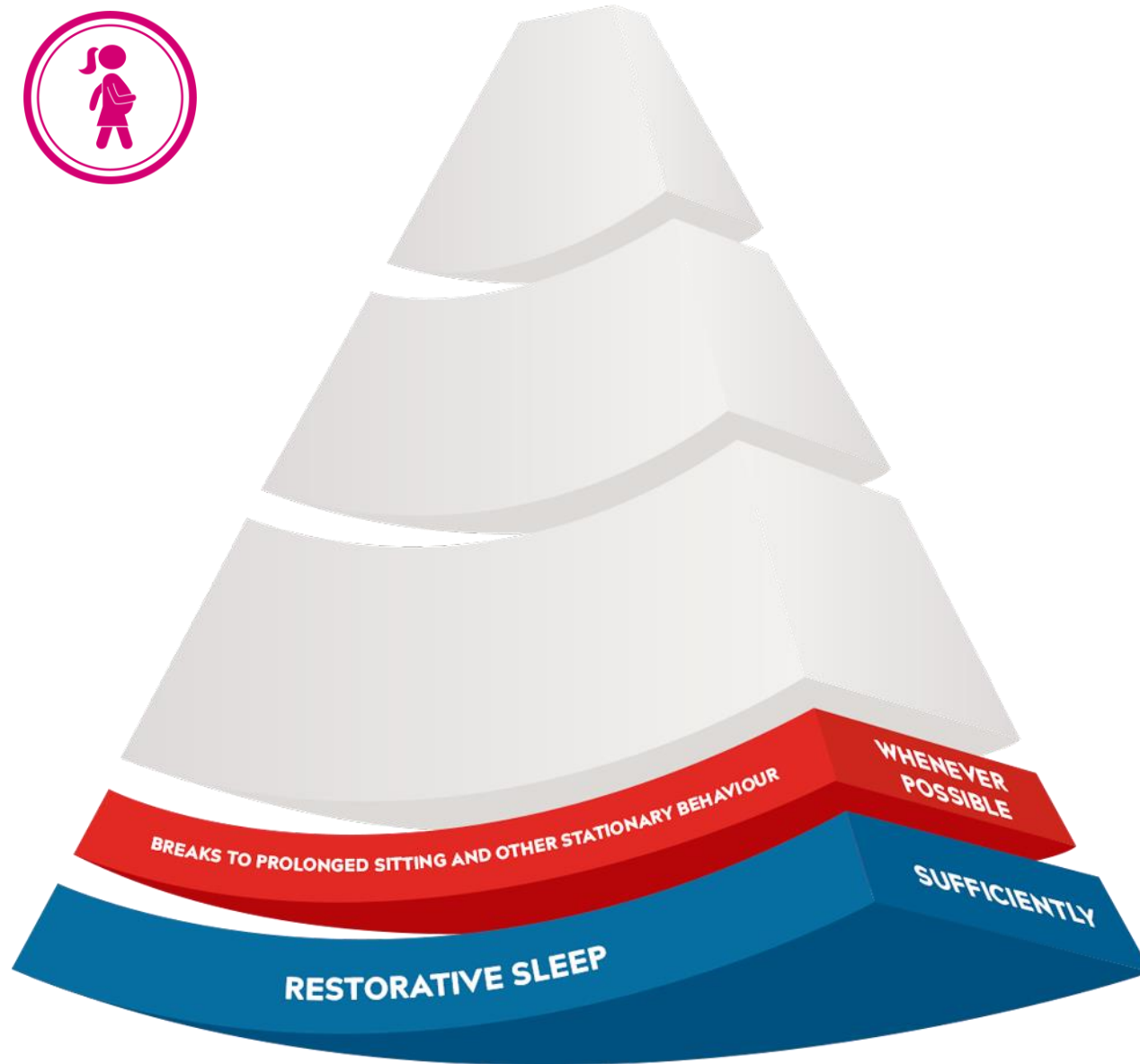


Restorative sleep

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.



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.

A pregnant woman with long blonde hair, wearing a white t-shirt, is walking in a field. She is smiling and looking to her right. The background is a soft-focus green field with trees. A white rounded rectangle is overlaid on the image, containing the text.

Utilise everyday opportunities
to be physically active



Light physical activity as often as possible

Every step counts.

Utilise:

- household chores
- shopping trips
- outdoor activities with your family
- and other daily activities.



**How much
physical activity is good for you?**



Moderate physical activity

at least 2 h 30 min per week

Spread out physical activity to at least 3 days a week.

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

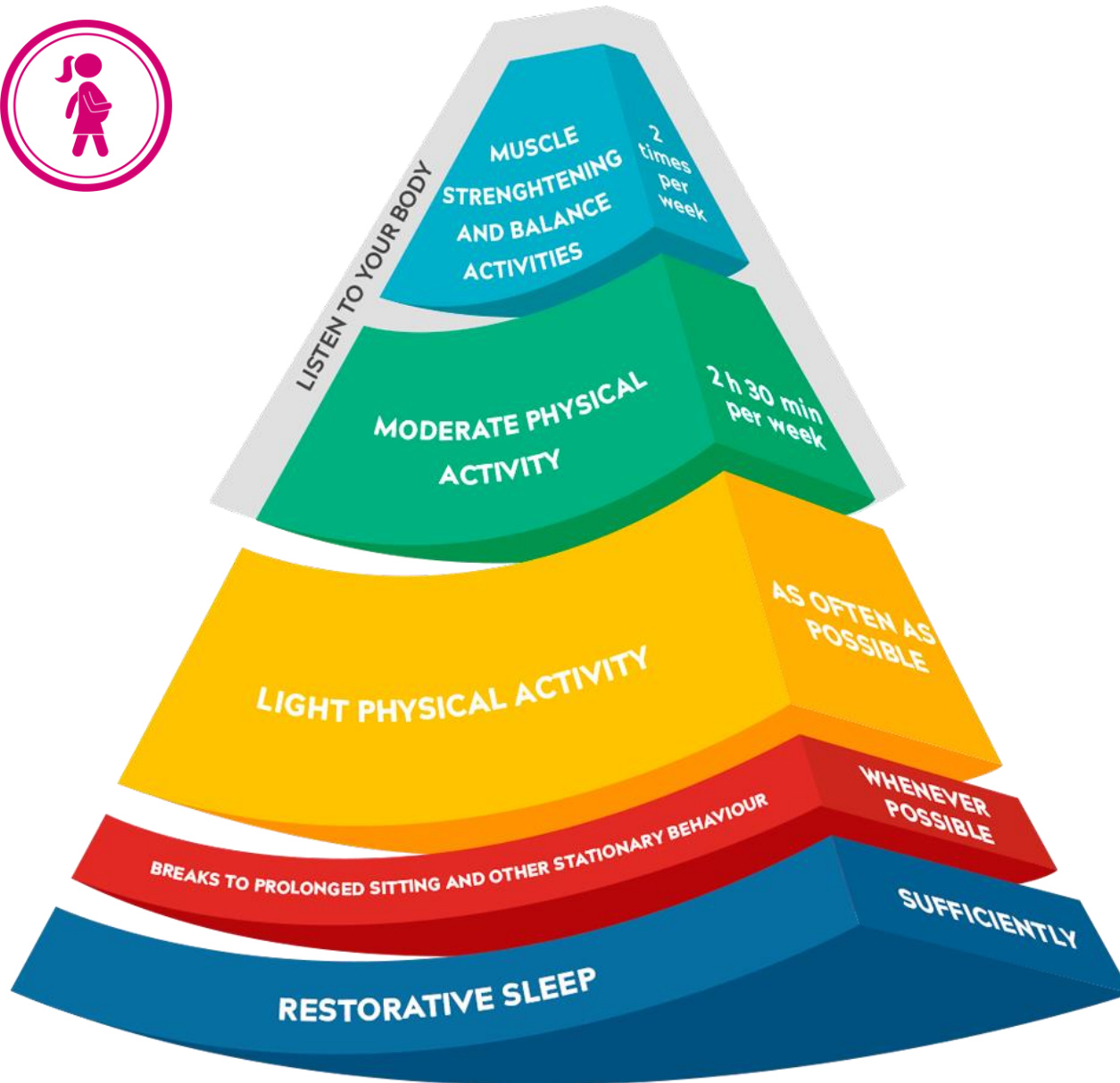
IN ADDITION



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.



Listen to your body



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.
- Suitable physical activity is e.g. walking, Nordic walking, swimming and water exercise



If you have been physically active before pregnancy

- You can continue with light and moderate physical activity as before.
- Listen to your body and ease the physical activity accordingly.
- Consult your physician about continuing with physical activity that markedly exceeds the amount and intensity of the general recommendation.



REMEMBER

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



AVOID


- prolonged supine position if it makes you feel unwell
- abdominal strengthening exercises if you suspect separation of abdominal muscles (diastasis recti)
– ask your maternity clinic for further instructions
- activities that include physical contacts, 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 conditions 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 at rest
- chest pain
- regular and painful contractions
- vaginal bleeding
- dizziness that does not resolve on rest
- severe headache
- 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.**



Sources

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Thank you!

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