This document has been replaced with a newer version. Go to:

https://www.gov.uk/government/publications/physical-activity-guidelines-infographics

Physical activity for pregnant women



Helps to control weight gain



Helps reduce high blood pressure problems



Helps to prevent diabetes of pregnancy



Improves fitness

ZZ Improves sleep



Improves mood

Not active?

Start gradually

Home

Already active?

Keep going

aim for at least

minutes

of moderate intensity activity

every week

Do muscle strengthening activities twice a week





Every activity counts, in bouts of at least 10 minutes

No evidence of harm

Listen to your body and adapt



Don't bump the bump