Physical activity for pregnant women

- Helps to control weight gain
- Helps reduce high blood pressure problems
- Helps to prevent diabetes of pregnancy
- Improves fitness
- Improves sleep
- Improves mood

Not active?
Start gradually

Already active?
Keep going

Throughout pregnancy aim for at least 150 minutes of moderate intensity activity every week

Out and about
Do muscle strengthening activities twice a week

Leisure
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