



Pregnancy Pearls

Exercise during Pregnancy

A common question I am asked is whether it is safe to continue with exercise and other activities during pregnancy. The simple answer is "yes", there is no problem with continuing the normal exercise routine you had before you fell pregnant (with some exceptions such as sky diving, kick boxing, trapeze etc!).

I would recommend 30 minutes of exercise daily in order to maintain physical fitness and help to alleviate some of the common pregnancy symptoms such as back discomfort, constipation, and difficulty sleeping.

Certain medical and pregnancy related conditions may mean that there need to be limitations on physical activity, so if you are aware of any of these it is best to seek advice about exercise.

Low impact exercises (such as swimming and walking) are probably best as they will minimise the risk of muscle strains and accidental "bumps to the belly".

In general, exercise to your own tolerance (fatigue, discomfort) and stop immediately if you notice any of the following:

- Significant shortness of breath or chest pain
- Feeling faint
- Vaginal fluid loss or bleeding
- Significant muscle weakness or soreness

Remember to enjoy yourself, keep up your fluid intake, try to avoid excessively hot conditions, and try not to lie flat on your back if you are over 16 weeks' pregnant.

The above information doesn't take the place of a medical consultation so please seek further advice if you have further concerns.

Contact us to book an appointment

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