EXERCISING DURING PREGNANCY

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PLEASE NOTE

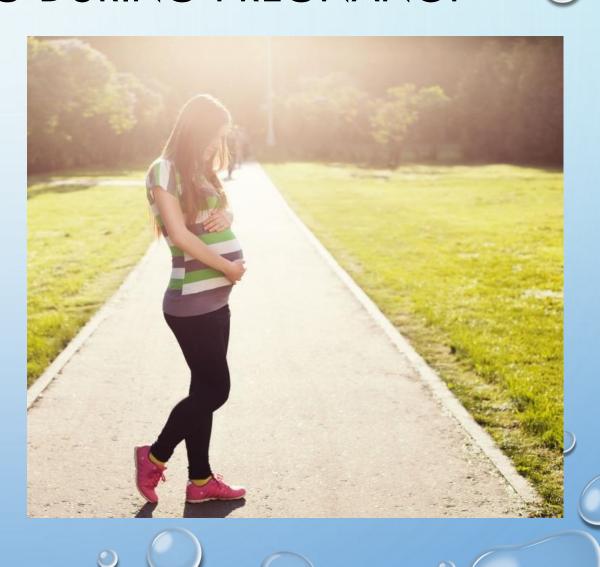
ALL FUCHSIA COLORED TEXT

IS INFORMATION FOR

WOMEN WITH DIABETES.

BENEFITS OF EXERCISING DURING PREGNANCY

- INCREASES INSULIN SENSITIVITY & GLUCOSE UTILIZATION (GDM)
- INCREASES & MAINTAINS MUSCULAR STRENGTH
- MAKES DELIVERY EASIER
- RECOVERY FASTER AFTER DELIVERY
- INCREASES SENSE OF WELLBEING
- SUPPORTS HEALTHY EATING HABITS
- REDUCES BACK PAIN
- IMPROVES MILD TO MODERATE HIGH BLOOD PRESSURE
- MAY PREVENT EXCESS WEIGHT GAIN
- REDUCES RISK OF PREECLAMPSIA





RECOMMENDATIONS FOR EXERCISE

MODERATE AEROBIC ACTIVITY

- 150 MINUTES PER WEEK OF MODERATE INTENSITY OR MORE
- 3 TO 6 TIMES A WEEK AND AVOID SKIPPING MORE THAN 2 DAYS
- 20 TO 30 MINUTES PER EXERCISE PERIOD OR LONGER







- WALKING
- STATIONARY BIKE
- SWIMMING

NOT APPROPRIATE TYPES OF AEROBIC ACTIVITY

- HIGH IMPACT
- EXCESSIVE JARRING
- CONTACT SPORTS
- SCUBA DIVING

WHO SHOULD NOT EXERCISE

WOMEN WHO HAVE:

- 1. PRETERM LABOR
- 2. PREGNANCY INDUCED HYPERTENSION
- 3. 2ND OR 3RD TRIMESTER BLEEDING
- 4. COMPLETE PLACENTA PREVIA
- 5. INCOMPETENT CERVIX
- 6. PRIOR PREGNANCIES WITH COMPLICATIONS
- 7. PHYSICIAN ADVISE NOT TO EXERCISE

RECOMMENDATION FOR SEDENTARY PREGNANT WOMEN

- 1. CLEARANCE FROM PHYSICIAN
- 2. START WITH 15 MINUTES, 3 TIMES A WEEK AND WORK UP





INCREASES HYPOGLYCEMIA

- CHECK BLOOD SUGAR EAT A SNACK IF LESS THAN 100 MG/DL
- EXERCISE WITHIN 1 TO 3 HOURS OF EATING A MEAL
- CARRY A RAPID ACTING CARBOHYDRATE FOR A SNACK
- AVOID TIME WHEN INSULIN OR GLYBURIDE IS PEAKING

DEHYDRATION

- HYDRATE PRIOR TO AND DURING EXERCISE
- DO NOT EXERCISE DURING EXTREME TEMPERATURE OR HUMIDITY

POTENTIAL FOR MUSCULOSKELETAL INJURIES

- -- DUE TO POOR BALANCE LATER IN PREGNANCY
- --DUE TO LIGAMENT AND CARTILAGE SOFTENING DURING PREGNANCY
- WARM UP AND COOL DOWN 5 TO 10 MINUTES EACH
- GOOD FOOTWEAR AND SUPPORTIVE CLOTHING
- AVOID HYPEREXTENSION



ARE THERE OTHER PRECAUTIONS I SHOULD KNOW ABOUT??

- 1. DO NOT EXERCISE WITH BLOOD **GLUCOSE IS >249**AND MODERATE TO HIGH KETONES ARE PRESENT
- 2. BLOOD PRESSURE INCREASES DURING EXERCISE. IF YOU HAVE CHRONIC HYPERTENSION ABOVE GOAL BLOOD PRESSURE, CONSULT PHYSICIAN
- 3. IF YOU HAVE **CARDIOVASCULAR DISEASE** FOLLOW DOCTOR'S RECOMMENDATIONS
- 4. INCREASES PRETERM LABOR IN THOSE WITH HISTORY OF PRETERM BIRTH
- 5. DO NOT EXERCISE TO THE POINT OF EXHAUSTION
- **6. NO STRAINING** OR **HOLDING BREATH** DURING EXERCISE
- 7. DON'T LAY ON BACK TO DO EXERCISES



WHEN TO STOP EXERCISING AND CALL THE DOCTOR

- 1. VAGINAL BLEEDING
- 2.LEAKING AMNIONIC FLUID
- 3.CRAMPING AND/OR UTERINE CONTRACTIONS
- **4.ALTERATIONS IN CONSCIOUSNESS**
- **5.DIZZINESS**
- **6.SHORTNESS OF BREATH**
- 7.CHEST PAIN
- **8.SEVERE PAIN ANYWHERE**
- 9.CALF PAIN OR SWELLING
- **10.DECREASED FETAL MOVEMENT**



OTHER TYPES OF EXERCISE DURING PREGNANCY

RESISTANCE TRAINING

- 1. TONING EXERCISES (I.E. NONIMPACT CALISTHENICS, RESISTANCE BANDS, ISOMETRICS)
- 2. LIGHT WEIGHTS 1 TO 3 POUNDS, 8 TO 12 REPETITIONS, 2 TO 3 SETS
- 3. EXHALE DURING LIFT AND INHALE DURING RELEASE
- 4. MOVEMENT SHOULD BE SLOW AND CONTROLLED
- 5. SEPARATE RESISTANCE TRAINING SESSIONS BY 48 HOURS





FLEXIBILITY AND STRETCHING EXERCISES

- 1.STRETCHES SHOULD BE GENTLE, SLOW, COMFORTABLE WITHOUT PAIN
- 2.HOLD STRETCHES FOR 30 TO 60 SECONDS, THEN RELAX STRETCH

DID YOU FIND THIS EDUCATIONAL HANDOUT HELPFUL?

PLEASE TAKE A MINUTE TO TELL THE STAFF AT POSITIVE PATTERNS FOR LIFE, LLC WHAT YOU LIKED ABOUT THIS EDUCATIONAL HANDOUT.

GO TO THE CONTACT PAGE ON OUR WEBSITE AND SEND A MESSAGE TO THE STAFF.

THANK YOU FOR YOUR TIME!

