

The background is a light blue gradient with several realistic water droplets of various sizes scattered across the surface. The droplets have highlights and shadows, giving them a three-dimensional appearance.

EXERCISING DURING PREGNANCY

Written by Laurie Jean Ellis MS, BSN, RN, CDCES



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



WHAT IS MODERATE AEROBIC ACTIVITY??



- **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



ARE THERE RISKS WITH EXERCISING??

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!

