

Physical Activity During Pregnancy

Do not begin any new activity that is strenuous during pregnancy (jogging, bowling, etc.) Exercise should be done in moderation. Do not exercise to the point of exhaustion. When you exercise you should eat extra calories to account for your exercise, and drink extra fluids. Do not exercise if you haven't eaten for several hours because this can lead to exhaustion. Do not do exercise that could be dangerous to your pregnancy: horse back riding, water-skiing, scuba diving, contact sports, high impact aerobics, etc. Monitor your pulse and do not let it get above 120.

Avoid getting over heated. Baths or Jacuzzis should be below 102 degrees. When you get hot you can sweat, but when your baby gets hot it doesn't have that same mechanism to get rid of excess heat. This can cause brain damage if your baby gets too hot for a prolonged period of time.

Make sure you are getting plenty of rest each day. Try to put your feet up for a little while in the afternoon. Every hour of sleep before midnight you can get will give you better rest. Try not to stay up late.