

# PREGNANCY AND EXERCISE



## EVIDENCE SUGGESTS

Physical activity is **NOT** associated with fetal complications such as miscarriage, stillbirth and preterm birth.

According to 2019 Canadian Guideline for Physical Activity Throughout Pregnancy, all women without medical restrictions\* should be physically active throughout pregnancy.

## STUDIES SHOW PHYSICAL ACTIVITY THROUGHOUT PREGNANCY CAN REDUCE THE RISK OF:

Pregnancy-related illnesses such as depression by at least

25%

Developing gestational diabetes, high blood pressure and pre-eclampsia by

40%



Pregnant women should get at least **150 MINUTES** PER WEEK of moderate-intensity physical activity, which could include walking, swimming, stationary cycling and resistance training.



A U.S. study found that only **15 per cent** of pregnant women meet the current guidelines for exercise during pregnancy.

## RESISTANCE TRAINING

SAMPLE PROGRAM

### UPPER BODY

**PRESS UPS** 2 x 10 reps

(standing against a wall)

**TRICEP DIPS** 2 x 10 reps

(from a chair with knees bent)

**UPRIGHT ROW** 2 x 10 reps

(with band or light weight)

### LOWER BODY

**BODY WEIGHT SQUAT** 2 x 15 reps

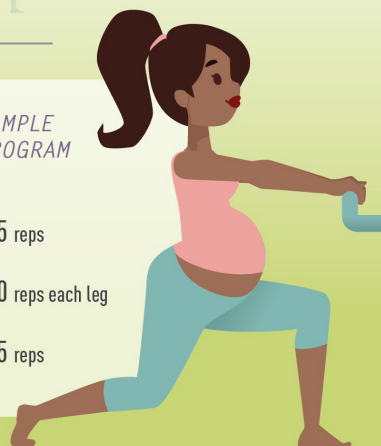
(or sit-to-stand from chair)

**LUNGE** 2 x 10 reps each leg

(with support if needed)

**CALF RAISES** 2 x 15 reps

(with support if needed)



\* Women who have medical restrictions should consult with their obstetric care provider prior to participation. Some of these contraindications include women with a ruptured membrane, persistent vaginal bleeding, a growth-restricted pregnancy, premature labour, pre-eclampsia and uncontrolled thyroid disease.



UNIVERSITY OF ALBERTA  
FACULTY OF KINESIOLOGY,  
SPORT, AND RECREATION



PROGRAM  
FOR PREGNANCY  
& POSTPARTUM  
HEALTH

In partnership with Canadian Society for Exercise Physiology, The Society of Obstetricians and Gynaecologists of Canada, Université du Québec à Trois-Rivières and Western University Program for Pregnancy and Postpartum Health, [exerciseandpregnancy.ca](https://www.exerciseandpregnancy.ca)