

c. Safe and Comfortable Activities

MODULE 6

Physical activity is not dangerous and is recommended during your pregnancy. By being careful, you can do most of the things you enjoy.

Walking, dancing, biking, gardening, pushing a baby in a stroller or playing with children are examples of daily physical activities that can improve your general health.

If you are already active, try to remain active during your pregnancy. If you were not physically active before your pregnancy, you could begin during your pregnancy by walking, swimming, and doing prenatal exercises.

Moderation is the key. Listen to your body. If you feel pain, fatigue, or are abnormally out of breath, slow down or change activity.

The following table contains a list of activities that are safe, activities that are less safe, and activities to avoid during pregnancy.

ACTIVITIES DURING PREGNANCY		
Safe activities	Be careful with these	Activities to avoid
<ul style="list-style-type: none"> • Walking • Aquafit (exercices in a pool) • Swimming • Biking, especially on a stationary bike • Cross-country skiing on flat ground • Snowshoeing • Low-impact aerobic exercises • Prenatal exercises with a qualified teacher • Yoga • Tai chi 	<p>Tennis and other racket sports</p> <ul style="list-style-type: none"> • Decrease these sports. • Stop after your sixth month. <p>Golf</p> <ul style="list-style-type: none"> • Adjust your swing. Do not twist or jerk. <p>Bowling</p> <ul style="list-style-type: none"> • Do not bend too far forward or lose your balance. <p>Weight training</p> <ul style="list-style-type: none"> • Do not lift weights while lying on your back. • Use low weights and high repetitions. • Lessen the weight as your pregnancy progresses. • Use weight machines. • Avoid free weights. • Do not hold your breath. <p>Always breathe out when you are lifting.</p>	<ul style="list-style-type: none"> • Downhill skiing • Contact sports such as basketball, volleyball, hockey • Scuba diving • Horseback riding especially jumping • Heavy weightlifting • Baseball or softball