

# INTRODUCTION

## MODULE 6

Active living means making some kind of physical activity part of your daily life. It means doing things which suit your schedule and are fun, healthy, and satisfying for you.

During your pregnancy, physical activities can help reduce stress, prevent backache, manage your weight, make labour and delivery easier, and prevent certain discomforts experienced during pregnancy. You will improve your general condition, have more energy, and feel alive if you remain active.



Unless you have medical reasons for not being physically active, you will be helping yourself and your baby by being active. If you have not been active in the past, talk with your health care provider, physiotherapist, or fitness instructor before beginning an exercise program. Whatever the case, start slowly and build at your own pace.