

## B. A PROGRAM FOR AN ACTIVE PREGNANCY

### MODULE 6

Prenatal activity strengthens, relaxes, and increases the flexibility of your body muscles. All of these are important for a healthy pregnancy and delivery and a quick recovery.

These exercises are also recommended after the birth of your baby. They will help you return to your pre-pregnancy state and give you the energy you need to enjoy your newborn.

These exercises should be done as often as possible - everyday is ideal. Have fun doing your exercises. A friend or your young children can join you to do the exercises. You will start to feel the benefits sooner than you might think.

Here are a few tips to practice safe physical activities



**CAUTION: After cardiovascular exercise, do not lie flat on your back or on your right side until your body has cooled down.**



Stop exercising and talk with your doctor if

- you have bleeding from your vagina.
- you have persistent contractions after exercising. Tightening of the uterus is normal after exercising but if the contractions keep coming, let your doctor know.