



Exercise in Pregnancy

The latest research shows that exercise in pregnancy is the best thing you can do for you and your baby's health.

Exercise in pregnancy can:

- Prevent diabetes.
- Prevent high blood pressure.
- Increase endorphins so you will feel less pain during labour.
- Help you have a healthy weight gain of 10-12kg during your pregnancy (if approx. height 166cm & weight 64kg).
- Help you sleep better and reduce stress.
- Help you recover faster after the birth.
- Help your baby maintain a healthy weight.



Exercises to be careful of:

- Contact sports and very active exercise where you may become overheated, including very hot pools.
- Any exercises lying on your back, after the first 16 weeks of pregnancy, as you may feel faint.

Exercise during pregnancy with a friend:

- Walking in the cool of the day for ten minutes each day at first, then build up to forty-five minutes a day. Add five minutes every week.
- If you have pelvic pain, swimming or walking in water is a good exercise. Walk with water up to your breasts to take the weight off your pelvis. In water, swelling/fluid retention will reduce.

Classes

Want to join a class? We have free classes for Medicare eligible patients here at Osborne Park Hospital: Healthy Pregnancy Exercise Classes on Tuesday evenings. Our early class is at 5:00pm and our later class starts at 6:15pm. You can start from fourteen weeks on and continue to forty weeks. Ask at the Antenatal Clinic for a leaflet.

For more information on exercise in pregnancy

- The Royal Australian and New Zealand College of Obstetricians and Gynaecologist Website: [https://www.ranzcog.edu.au/RANZCOG_SITE/media/RANZCOG-MEDIA/Women%27s%20Health/Statement%20and%20guidelines/Clinical-Obstetrics/Exercise-during-pregnancy-\(C-Obs-62\)-New-July-2016.pdf?ext=.pdf](https://www.ranzcog.edu.au/RANZCOG_SITE/media/RANZCOG-MEDIA/Women%27s%20Health/Statement%20and%20guidelines/Clinical-Obstetrics/Exercise-during-pregnancy-(C-Obs-62)-New-July-2016.pdf?ext=.pdf)
- <https://pogp.csp.org.uk/publications/fit-and-safe-exercise-childbearing-year>

Download a Free App

- <http://www.pelvicfloorfirst.org.au/> App for safe exercise in pregnancy is now available to download for iPhones and iPads through the [App Store](#). The app is also available for Androids from [Google Play](#).

Free accurate advice for exercising at home:

- <http://www.thepregnancycentre.com.au/pregnancy>
- <http://www.bing.com/videos/search?q=youtube%20%20michelle%20Kenway%20exercise%20in%20pregnancy&qs=n&form=QBVDMMH&pq=youtube%20michelle%20kenway%20exercise%20in%20pregnancy&sc=0-21&sp=-1&sk=>
- <https://www.fitpregnancy.com/exercise>
- <http://www.nhs.uk/conditions/nhs-fitness-studio/Pages/prenatal-and-postnatal-exercise.aspx>

Produced by: Osborne Park Hospital Website: www.oph.health.wa.gov.au

OPH Physiotherapy Department Phone: 9346 8439
OPH Antenatal Clinic Phone: 9346 8010

This document can be made available in alternative formats on request for a person with a disability.

CAC Reviewed Dec 2016

© North Metropolitan Health Service Jan 2019