Physical activity for pregnant women

- Helps to control weight gain
- Helps reduce high blood pressure problems
- Helps to prevent diabetes of pregnancy
- Improves fitness
- Improves sleep
- Improves mood

Not active? Start gradually
Already active? Keep going

Throughout pregnancy aim for at least 150 minutes of moderate intensity activity every week

Out and about
- Do muscle strengthening activities twice a week
- No evidence of harm
- Listen to your body and adapt

Leisure
- Every activity counts, in bouts of at least 10 minutes
- Don’t bump the bump

UK Chief Medical Officers Recommendations 2017: Physical Activity in Pregnancy.
bit.ly/startactiveinfo