Women should accumulate 150 minutes of moderate Physical Activity each week.

Physical Activity programs* should be individualized for each woman based on situation, experience and current health status.

Warm-up and cool-down periods should be included in any Physical Activity regimen.

Pelvic Floor related exercises (e.g., Kegels) should be performed daily.

Physical Activity is encouraged everyday, but should occur over a minimum of 3 days per week.

A variety of physical activities should be incorporated, both aerobic and resistance in nature, along with yoga and gentle stretching.

Physical activity recommendations for pregnant women follow those for the general non-pregnant population, with minor modifications.

Recommendations:

- Pelvic Floor related exercises (e.g., Kegels) should be performed daily.
- Warm-up and cool-down periods should be included in any Physical Activity regimen.
- Women should accumulate 150 minutes of moderate Physical Activity each week.
- Physical Activity is encouraged everyday, but should occur over a minimum of 3 days per week.
- A variety of physical activities should be incorporated, both aerobic and resistance in nature, along with yoga and gentle stretching.

*Please contact your health care provider to discuss any concerns or signs of discomfort you may be experiencing.

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