

# Pregnancy Physical Activity



AMERICAN COLLEGE  
of SPORTS MEDICINE  
LEADING THE WAY

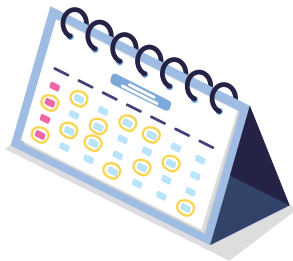
## Recommendations:

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

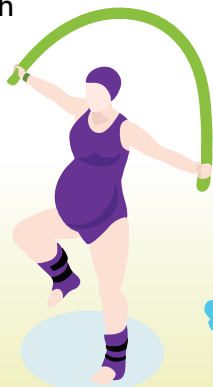


Women should accumulate **150 minutes** of moderate Physical Activity each week.

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.



**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.



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

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

