

# Physical activity during and after pregnancy



## *Physical activity will help you:*

- Cope with labour and caring for your newborn baby
- Recover more quickly after childbirth
- Return to pre-pregnancy weight and fitness
- Be less stressed

*Physical activity helps you feel better and stay at a healthy weight.*

*Most pregnant women can do 30 minutes or more of physical activity most days.*

Check with your doctor or midwife to make sure it is okay for you to be active, especially if you:

- Have high blood pressure
- Are expecting twins
- Might have Baby early
- Have not been physically active for some time.



*If you haven't been physically active, start slowly (like 15 minutes) and gradually increase.*

Pay special attention to your body. Make sure you STOP if it hurts!

- Drink lots of water before, during and after
- Wear loose fitting clothing and comfortable shoes (not thongs)
- Be active in the cooler parts of the day or in air conditioning
- Stretch, warm up and cool down

Don't push yourself if you feel tired or unwell. New mums need lots of rest.



## *Recommended activities during pregnancy*

*Walking*

*Using an exercise bike*

*Some types of exercise classes*

*(let your instructor know  
that you are pregnant)*

*Gentle stretching*

*Swimming and water aerobics*



## Recommended activities after Baby is born

Once your doctor or midwife says you can be active again, try:

Brisk walking

(push Baby in the pram)

Swimming

Low impact aerobics

Bike riding



Pelvic floor exercises  
are important  
too, when you are  
pregnant and after  
Baby is born.

## *Breastfeeding Baby*

If you are breastfeeding, be active after breastfeeding when your breasts are not so full and heavy. A supportive bra helps you feel comfortable.



*STOP and see your doctor,  
midwife or health worker  
immediately if you feel  
any type of pain, unusual  
swelling, headaches or  
discharge while you are  
active during or after  
pregnancy.*



**Queensland  
Government**  
Queensland **Health**

*For more information contact your local health worker.*