

Physical activity during and after pregnancy



Growing Strong Feeding you and your baby

Great state. Great opportunity.



Queensland
Government

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 gentle
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.





- Drink lots of water before, during and after exercise.
- 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.



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

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

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



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



Recommended activities after Baby is born

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

- 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.

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 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.



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For more information contact your local health worker
or call 13 HEALTH (13 43 25 84).



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