

Exercise During Pregnancy

Special Considerations

Pregnancy is not the ideal time to take up skydiving or skiing but those already engaged in a routine can continue to benefit from exercise. There are some special precautions for exercising during pregnancy that Dr. Schwartz can review with you specifically during your first pregnancy visit. Basically, pregnant women should avoid exercising until the point of exhaustion, avoid sports that may cause falls, and should monitor heart rate to be certain it stays below 140. The American College of OB/GYN cautions pregnant women against deep knee bends, full sit ups, double leg raises, and straight-leg toe touches. After 20 weeks women should avoid exercises that require lying on the back on the floor for more than a few minutes. Finally, pregnant women should stay well hydrated!

Exercising during pregnancy helps to prevent excess weight gain and can make it easier to shed pounds after the baby is born! It can also help with backaches, reduce tension, improve circulation, and keep abdominal muscles strong.



Exercising is clearly an important part of every woman's health lifestyle! Studies have shown that 30 minutes each day will keep you active and able bodied 12 years longer than your couch potato peers. Talk with us more about it at your next appointment!

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