

Sport and Exercise During Pregnancy



Highlights

Engaging in sports and physical activities during pregnancy can have significant benefits for both you and your baby.

It is important to understand which sports are safe to engage in and how your body will change throughout pregnancy.

By making informed decisions, you can ensure the safety of both you and your baby while exercising.

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Antenatal Care

Attending Antenatal Appointments

Discuss physical symptoms related to pregnancy.
Learn about changes happening during each trimester.
Talk about your birth plan and delivery options.
Receive advice on newborn care after birth.
Get support for lifestyle choices, such as: Mental health and emotional well-being. Nutrition and dietary advice. Quitting smoking. Avoiding alcohol consumption. Addressing any personal or family concerns.
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Healthcare Providers During Antenatal Appointments

If you plan to give birth in a hospital, antenatal care will likely be provided by hospital-based doctors or midwives.
If you choose a birth center, your care will typically be managed by midwives.
If you opt for a home birth, a midwife will usually provide antenatal care at home or in a community healthcare setting.

During Antenatal Appointments

Your overall health and any potential risks.
The stage of your pregnancy.
Any symptoms or concerns you may have.

Ask about the first day of your last period to estimate your due date.
Review your medical history and general health.
Discuss any medications you are taking.
Provide advice on healthy eating and lifestyle changes.
Address any physical symptoms you may be experiencing.
Ask about your home and work environment, including your support system.

Monitoring blood pressure, weight, and urine.
Organizing blood tests and screenings.
Checking for signs of conditions such as anemia or gestational diabetes.
Measuring your abdomen and listening to the baby's heartbeat.

Information about antenatal classes.
Discussions about birth options and preferences.
Guidance on taking your baby home, feeding, and postnatal care.

Antenatal Appointments Schedule

Partner Attendance at Appointments

Sports and Exercise During Pregnancy

Tools And Assistance

Strengthening and pelvic floor exercises: These exercises help support the muscles involved in labor and delivery and can help prevent complications later on.

Medium-intensity aerobic exercises such as: Brisk walking Cycling Swimming

Brisk walking

Cycling

Swimming

Brisk walking

Cycling

Swimming

Are designed specifically for pregnant women

Support your weight

Do not involve sudden shifts in position

Have a limited risk of falls

Allow for exercise at low or moderate intensity