

Safe Exercise During Pregnancy

Why Exercise During Pregnancy?

Regular exercise during pregnancy can:

- ✓ Improve **energy levels** and reduce fatigue
- ✓ Help prevent **excess weight gain**
- ✓ Reduce **back pain, swelling, and constipation**
- ✓ Lower the risk of **gestational diabetes and high blood pressure**
- ✓ Improve **mood and sleep quality**
- ✓ Prepare the body for **labor and delivery**

Safe Exercises for Pregnancy

- ✓ **Walking** - Low-impact, easy on joints
- ✓ **Swimming & Water Aerobics** - Relieves pressure on joints and back
- ✓ **Prenatal Yoga or Pilates** - Improves flexibility and relaxation
- ✓ **Stationary Cycling** - Cardiovascular benefits with low joint stress
- ✓ **Strength Training** - Use **light weights or resistance bands** (avoid heavy lifting)
- ✓ **Pelvic Floor Exercises (Kegels)** - Strengthens muscles for labor and recovery

Exercises to Avoid

Contact sports (basketball, soccer, hockey)

Activities with a **high risk of falling** (skiing, gymnastics, horseback riding)

Heavy weightlifting or exercises that strain the abdomen

High-impact jumping, bouncing, or sudden direction changes

Exercising in extreme heat or humidity

Exercise Safety Tips

- ✓ **Stay hydrated** - Drink plenty of water before, during, and after exercise.
- ✓ **Avoid lying flat on your back after the first trimester** - This can reduce blood flow to the baby.
- ✓ **Listen to your body** - Stop if you feel dizzy, short of breath, or in pain.
- ✓ **Wear supportive shoes and a sports bra** for comfort.
- ✓ **Eat a light snack before exercise** to prevent low blood sugar.

When to Stop Exercising & Call Your Doctor

Dizziness or fainting

Severe shortness of breath or chest pain

Vaginal bleeding or fluid leakage

Painful contractions or decreased fetal movement

Severe swelling, headaches, or vision changes

Bottom Line

- ✓ **Exercise is safe and beneficial during pregnancy** with modifications.
- ✓ **Choose low-impact, joint-friendly activities** and avoid high-risk movements.
- ✓ **Stay hydrated, listen to your body, and stop if you feel discomfort.**
- ✓ **Always consult your doctor before starting or continuing an exercise routine.**

Click here for more orthopedic patient information.

Contact a Key West orthopedic clinic or reach out to Dr. Jason Pirozzolo.