

PHYSICAL ACTIVITY DURING PREGNANCY

ALREADY ACTIVE? KEEP IT UP.

NOT ACTIVE? START GRADUALLY.



**DON'T BUMP
THE BUMP**

**LISTEN TO YOUR
BODY AND ADAPT**

**NO EVIDENCE
OF HARM**

**EVERY ACTIVITY
COUNTS**

Physical activity during pregnancy can help:

- Reduce the risk of diabetes and high blood pressure
- Reduce the risk of gaining too much weight
- Improve sleep and mood
- Improve fitness and strength