

Staying Active During Pregnancy & Postpartum



Aim for at least **150 MINUTES** of moderate-to-vigorous activity per week.



Incorporate a variety of aerobic exercise and resistance training.



THE BENEFITS



37% reduction in odds of involuntary urine loss



Reduction in **low back pain** severity



45% reduction in odds of postpartum depression



Reduction in **fatigue levels**

⚠️ CONTRADICTIONS

- Heart conditions, unstable high blood pressure (>140/90 mmHg)
- Abdominal pain, dizziness, loss of consciousness, chest pain
- Eating disorders, excessive fatigue

Always check with your OB or healthcare provider before starting or changing your exercise routine during pregnancy or postpartum to make sure it's safe and appropriate for you.