## Physical activity for pregnant women



Helps to control weight gain



Helps reduce high blood pressure problems



Helps to prevent diabetes of pregnancy



**Improves fitness** 

**ZZ** Improves sleep



Improves mood

## Not active?

Start gradually

Home Already active?

Keep going

aim for

## 150 minutes

of moderate intensity activity

every week



Do **muscle strengthening** activities twice a week

3/12

Every activity counts, in bouts of at least 10 minutes

No evidence of harm

Listen to your body and adapt



Don't bump the bump