

## ***Exercise Guidelines for Pregnancy***

- ◆ *Limit strenuous exercise to not more than 4 times per week and not longer than 15–20 minutes each session.*
- ◆ *Reduce intensity of exercise 25-30% during pregnancy.*
- ◆ *Maternal heart rate should not exceed 140 bpm.*
- ◆ *Maternal core temperature should not exceed 38C.*
- ◆ *Water exercise appears safe and is a fun way to keep fit and meet other expectant mums. Temperature of water should not be above 28-30C.*
- ◆ *Avoid sudden exercise movements.*
- ◆ *Inform your Doctor before starting an exercise program.*
- ◆ *Let your instructor know you are pregnant.*
- ◆ *Report pain, bleeding, faintness or feeling unwell.*
- ◆ *Avoid breath-holding (slows blood return to heart).*
- ◆ *Include warm-up and cool-down period of gradually decreasing activity (keep legs moving to assist blood return to heart).*

*Ref R.A.C.O.G.*