

# Physical activity for pregnant women



Helps to control weight gain



Helps reduce high blood pressure problems



Helps to prevent diabetes of pregnancy



Improves fitness



Improves sleep



Improves mood

**Not active?**

Start gradually

**Already active?**

Keep going

Home



Throughout pregnancy  
aim for  
at least

**150**

minutes  
of moderate intensity activity  
every week

Out and about



Leisure



Do muscle strengthening activities twice a week

Every activity counts, every minute counts, more is better

No evidence of harm

Listen to your body and adapt



Don't bump the bump