

# Your stay-active pregnancy guide

At least 150 minutes of moderately intense physical exercise per week, spread over at least 3 days, can have numerous health benefits for you and your baby.

1<sup>ST</sup>

TRIMESTER



30 MINS 5 DAYS

Feeling tired or sick? Try a gentler activity such as swimming



x3 10 MINS 5 DAYS

Build up to 30 minutes a day with three 10-minute walks!

2<sup>ND</sup>

TRIMESTER



30 MINS 5 DAYS

Build up to 30 minutes a day with three 10-minute walks!



x2 15 MINS 5 DAYS

Increase the duration of the activity you started last trimester

3<sup>RD</sup>

TRIMESTER



30 MINS 5 DAYS

Adapt your workout – squat instead of jumping, for example



x3 10 MINS 5 DAYS

Feeling tired? Return to three shorter sessions of activity

\*As always, if you're not sure what's safe for you, check with your healthcare provider.