

## Your Comprehensive Guide to Safe Exercise During Pregnancy: Staying Active & Healthy for You and Your Baby

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Congratulations on your pregnancy journey! It's an incredible time, and staying active can make it even better. Many expecting moms wonder, "Can I still exercise safely?" The answer is often a resounding **yes!**

This guide will walk you through the amazing benefits of prenatal exercise, highlight which activities are safe, and tell you what to watch out for. Our goal is to help you feel strong, energized, and ready for childbirth, all while keeping you and your baby safe. Let's get moving!

## Why Exercise During Pregnancy?

Staying active during pregnancy is one of the best things you can do for yourself and your baby! It offers a wealth of benefits:

- **Boosts Mood and Energy:** Exercise can combat fatigue and help manage stress.
  - **Prepares Your Body for Childbirth:** It strengthens muscles and improves stamina.
  - **Reduces Common Discomforts:** It can alleviate back pain, constipation, and swelling.
  - **Aids Postpartum Recovery:** Helps you regain your strength more quickly after delivery.
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## When to Consult Your Doctor

**Always talk to your healthcare provider before starting or continuing any exercise program during pregnancy.** They can offer personalized advice based on your health history and pregnancy. This is especially important if you have any pre-existing conditions or experience any complications.

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## Pregnancy-Safe Exercises: Your Go-To List

The key is to choose activities that are low-impact and allow you to maintain a conversation. Here are some excellent choices:

- **Walking:** A fantastic, accessible option. Start with short walks and gradually increase the duration as you feel comfortable.
- **Swimming and Water Aerobics:** The water supports your body, reducing strain on your joints. It's also great for cooling down.
- **Prenatal Yoga:** Focuses on gentle stretching, breathing techniques, and strengthening, all tailored for pregnancy. Look for certified prenatal instructors.
- **Pilates (Prenatal-specific):** Improves core strength, flexibility, and body awareness, which can be very beneficial for labor and delivery. Ensure it's modified for pregnancy.
- **Cycling (Stationary Bike):** Offers a good cardiovascular workout without the risk of falling.

- **Light Strength Training:** Use light weights or resistance bands. Focus on proper form and avoid straining.
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## Exercises to AVOID During Pregnancy

While exercise is beneficial, some activities can pose risks. It's crucial to know what to avoid:

- **High-Impact Activities:** Anything with a high risk of falling or abdominal trauma, such as skiing, horseback riding, gymnastics, or contact sports.
  - **Heavy Lifting:** Avoid lifting very heavy weights or activities that cause you to strain significantly, as this can increase pressure on your pelvic floor and abdomen.
  - **Exercises Lying Flat on Your Back (after the first trimester):** After about 16 weeks, lying flat on your back can put pressure on a major blood vessel (vena cava), reducing blood flow to you and your baby.
  - **Scuba Diving:** Changes in pressure can be dangerous for the baby.
  - **Hot Yoga or Exercising in Excessive Heat:** Avoid activities that could lead to overheating or dehydration.
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## Listen to Your Body: Important Signals

Your body is your best guide. Pay attention to how you feel and stop exercising immediately if you experience any of the following:

- Vaginal bleeding
- Dizziness or feeling faint
- Headache
- Chest pain
- Calf pain or swelling
- Regular, painful contractions
- Fluid gushing or a trickle from the vagina
- Muscle weakness affecting your balance

If any of these occur, contact your doctor immediately.

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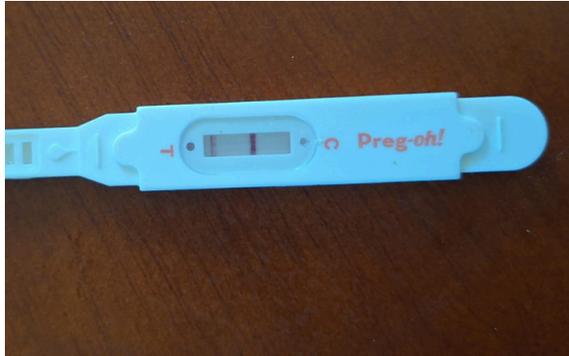
## Tips for a Safe Pregnancy Workout

- **Stay Hydrated:** Drink plenty of water before, during, and after your workout.
  - **Wear Comfortable Clothing:** Opt for loose-fitting, breathable clothes and supportive footwear.
  - **Warm-Up and Cool-Down:** Always start with a gentle warm-up and end with a cool-down and stretching.
  - **Avoid Overheating:** Exercise in a cool, well-ventilated area.
  - **Don't Overdo It:** The goal is to feel energized, not exhausted. You should be able to carry on a conversation while exercising.
  - **Modify as Needed:** As your body changes, you may need to adjust your routine.
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**Disclaimer:**

*This guide is for informational purposes only and should not replace professional medical advice. Always consult your healthcare provider before starting or modifying any exercise program during pregnancy.*

# Our Holistic Fertility Health Program's Pregnancy Positives



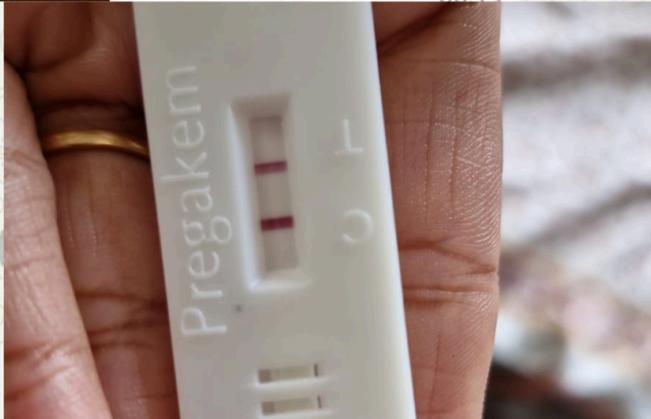
Good morning mam ❤️❤️ 04:20



Mam it's positive. 06:19



Tested this morning and got 2  
:S 😍  
Edited 04:23



Thank you mam. You and your team have been incredibly wonderful. My husband and I are still in surprise and couldn't believe that we are pregnant.



17:11

Beyond that, it's nice to see people who don't push us to conceive, but insist on good health and lifestyle.

It's rare to see a doctor like this. Great going mam. We actually got the right guidance from the right kind of people ❤️

17:13

I really feel grateful for joining the holistic health program. The customised diet plan and workouts helped me a lot in reducing weight and improving my fertility. Regular monitoring of my period cycle and ovulation period was very helpful for me. After joining the program, I became more aware of all the things that would affect my fertility. Finally I got positive pregnancy test results!!

We have joined Dr. Suganya mam's holistic fertility health program on Feb 2025. From very first consultation she made us feel very comfortable and gave incredible support and guidance throughout the program. She had reviewed our reports and understood our health concerns then she gave personalized approach which helped us to get conceived within 1 month of joining the program.

# For Personalized Pregnancy Support,

[Visit: Nurture by Fertilia - A Holistic Pregnancy Program](#)

## Nurture by Fertilia

Holistic pregnancy care that's doctor-led, deeply personal, and designed for your body, mind, and baby.

Led by

Dr. Suganya Venkat MD OBGYN



A compassionate team supporting you at every stage:



**Gynecologist**

Medical care and expert monitoring



**Nutritionist**

Personalized meal planning



**Antenatal Yoga Coach**

Safe & guided yoga before and after delivery



**Wellness Coach / Psychologist**

Emotional and mental health support



**Lactation Coach**

Breastfeeding education and support

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