



SMITHFIELD
PHYSICAL
THERAPY
SPECIALISTS

PREGNANCY AND POSTPARTUM EXERCISE GUIDELINES

According to the Physical Activity Guidelines for Americans, 2nd Edition, pregnant and postpartum women should perform at least 150 minutes of moderate-intensity aerobic exercise per week.

HAVING TROUBLE STAYING ACTIVE DURING PREGNANCY AND POSTPARTUM?

Contact us so that we may be able to help you achieve your personal and fitness-related goals.



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GENERAL RECOMMENDATIONS

During pregnancy perceived exertion is a better indicator of intensity than heart rate. With moderate intensity exercise you should be able to carry on a conversation.

If new to exercise, start out slowly and gradually increase your activity level. Begin with as little as 5 minutes per day and add 5 minutes per week until you can stay active for 30 minutes.

BENEFITS FOR MOTHER & BABY

Without the presence of contraindications, strong scientific evidence shows that the risks of moderate-intensity activity completed by healthy women during pregnancy are very low and that exercise does not increase risk of low birth weight, preterm delivery or early pregnancy loss.

Exercise during the peripartum and postpartum period has been shown to reduce risk of gestational diabetes and excessive weight gain, decrease the risk of chronic disease, reduce symptoms of postpartum depression and so much more!

LISTEN TO YOUR BODY

Physical activity may feel different during pregnancy and postpartum. If an activity feels uncomfortable, modify it and/or reduce the intensity. If you are experiencing pain/discomfort or pelvic symptoms, such as pelvic heaviness or urinary incontinence/urgency, reach out to your local pelvic health physical therapist for evaluation.