



# GUIDELINES FOR SAFE SQUATTING IN PREGNANCY



**Never do squats on an empty stomach**



**Lower the intensity of squats from the second trimester**



**Wear good quality shoes with anti-skid soles**



**Choose a flat surface to perform the squats**



**Perform squats with props under supervision**



**Avoid overdoing and stop doing squats if feeling pain or discomfort**



**Wear a high-quality maternity bra to give your breasts extra support**