



## Points To Remember When

# Exercising

## During Pregnancy

Avoid raising your body temperature too high, especially during hot and humid weather



Stay adequately hydrated



Listen to your body and exercise as per your energy levels



If you develop complications, discontinue exercise and see your doctor



Avoid moves that may cause abdominal pressure or trauma



Ask your exercise instructor to modify your moves according to your convenience



Seek your doctor's advice if you have conditions such as twin pregnancy, anemia, and placenta previa



If you were active before pregnancy, maintain your activity level with your doctor's permission. However, eat sufficient calories to maintain your nutrition level



### Reference:

1. Exercise During Pregnancy; The American College of Obstetricians and Gynecologists
2. Pregnancy and exercise. Victoria State Government