

Pregnancy Session 1 - Topic 3 Staying Active during Pregnancy

Resource 6 - Making sense of the Australian physical activity and sedentary behaviour recommendations for pregnancy

Exercising for a healthy heart during your pregnancy: Making sense of the guidelines

Australian Guidelines for Physical Activity

150 - 300 minutes of moderate aerobic exercise per week

OR

75 - 150 minutes of vigorous PA/week

+

≥2 Muscle strengthening activities days/week

+

Minimise sedentary time



Pregnancy & Physical Activity

≥ 150 minutes of moderate aerobic exercise per week

OR

≥30 minutes moderate intensity exercise 5 day/week

+

≥2 Muscle strengthening activities days/week

+

Minimise sedentary time



Heart health benefits of Physical Activity

Improve cholesterol

↓ Heart rate

↓ Birth complications

Easier labour

↑ Self-esteem & confidence

Releases endorphins

↓ Blood pressure

Controls blood glucose

↓ Pelvic floor & back pain

↑ Sleep

↑ Fitness

↓ Anxiety & depression

Benefits of Physical Activity

Reduces risk of gestational diabetes and high blood pressure during pregnancy

Tips: Don't bump the bump -- Every activity counts (yes, cleaning!) -- Listen to your body