

Pregnancy Session 2 - Topic 2.2 Physical Activity for Your Pregnancy

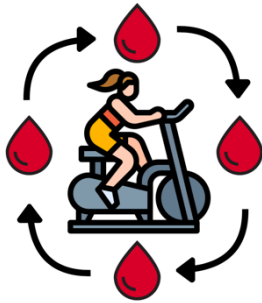
Resource 4 - Physical Activity for Your Baby's Healthy Growth

Healthy baby growth during pregnancy is influenced by the mum's nutrition and physical activity.

Let's explore how physical activity contributes to healthy baby growth with reference to nutrients!

Baby's Food Supply for Growth

Physical activity improves blood flow to the placenta which gives oxygen and nutrients to your baby. Better blood flow helps to supply of important nutrients, such as:



Proteins: Help your baby grow and develop organs, muscles, and tissues.

Carbohydrates: Help give you and your baby energy.

Fats: Help your baby develop its brain and nervous system and helps with overall growth.

Vitamins and Minerals: Have a variety of roles, including bone growth, immune system support, and overall health.

This sets the stage for healthy growth and development both during pregnancy and beyond.

Placenta Function

Think of the placenta like a special organ that grows inside a mother's uterus during pregnancy. It's like a bridge between the mother and the baby. It provides the baby with everything it needs to grow and stay healthy, like oxygen and nutrients, while also taking away waste products. You can think of it as a lifeline for the baby inside the womb until it's ready to be born.



Regular physical activity helps the placenta work, the organ giving your baby oxygen and nutrients. It is easier for a healthy placenta to give oxygen. This is better for optimal growth and development for your baby.

Maternal Health



When you do regular physical activity, it may improve your overall health, and particularly your heart health. Your health directly impacts your baby's health. A healthier mum can better provide the nutrients, supporting their growing baby.

Long-Term Health Benefits



Reduced Risk of Chronic Diseases: Babies born to Mothers who do regular physical activity during pregnancy can have a lower risk of having obesity, type 2 diabetes and cardiovascular diseases (stroke, heart attack and heart disease) later in life.



Healthier Lifestyle Habits: A Mother's exercise habits during pregnancy can impact the health behaviours of their child later in life, encouraging physical activity and a healthy lifestyle within the family.

In summary, physical activity during pregnancy helps your baby grow by improving your health, placental function and allowing better delivery of oxygen and nutrients to your baby. Combining regular physical activity and a balanced diet helps create the best environment for a healthy baby to grow and develop.