

## Exercise

The amount and type of exercise that is best depends on your individual pregnancy, your fitness state and your past exercise program. Pregnancy is not the time to start a new fitness program if you are not use to exercising.

Regular exercise will benefit your pregnancy by:

- Aiding and developing good body posture
- Strengthening and toning the muscles needed for labor and delivery
- Lessening the discomforts associated with your changing body

The following are guidelines for planning an exercise program:

- Exercise regularly
- Exercise on a firm surface
- Avoid holding breath during exercise
- Avoid lifting heavy objects during exercise
- Always stop exercising if you feel pain or exhaustion
- Do not exercise in extreme heat
- Keep your pulse rate below 140 to 150 beats per minute

## RECOMMENDED EXERCISES

- Brisk walking
- Mild swimming

## EXERCISES NOT RECOMMENDED

Horse back riding, Water or snow skiing, Roller coasters, Bungee jumping, Four wheeling