

Safe exercise during pregnancy

Exercise during pregnancy: Will strengthen your core muscles that will help you the physical demands of labour, it helps to reduce back and pelvic pain.

You are your child's teacher:

Use descriptive language: talk about what your child can see avoid asking questions.

Let your child explore the natural environment.

Give your child time to focus

Be warm, supportive, and encouraging.

YOGA

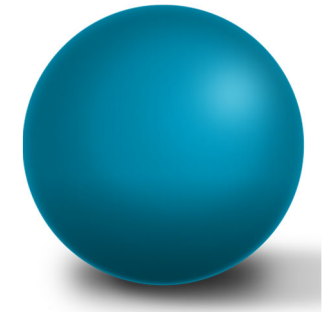
Exercises you can do during pregnancy:

- Walking
- Swimming this helps to support you with your increased weight
- Attend aqua- natal classes
- Prenatal yoga



Antenatal exercise could help to:

- Reduce morning sickness
- Reduce insomnia, anxiety and stress
- Reduces excessive weight gain
- Strengthens muscles



Safe type of exercise to do in pregnancy is walking and you can slowly establish a routine.

