

# Physical activity for pregnant women

 Helps to control weight gain

 Helps reduce high blood pressure problems

 Helps to prevent diabetes of pregnancy

 Improves fitness

**ZZ** Improves sleep

 Improves mood

**Not active?**

Start gradually

**Already active?**

Keep going



Do **muscle strengthening** activities twice a week

**Every activity counts**, every minute counts, more is better

**No evidence of harm**

**Listen to your body and adapt**



**Don't bump the bump**