



your limits, and make sure you think critically about the level of contact and falling risk involved in your sport and use that to guide you. You can always ask your healthcare professional for their guidance on the matter as well.

**MYTH: You can't play sports while pregnant**

High-impact, contact sports where you could easily lose your balance or be struck in the stomach aren't the best idea while pregnant. But there are loads of low-no contact sports you can play and enjoy throughout your pregnancy. Listen to your body, know your limits, and make sure you think critically about the level of contact and falling risk involved in your sport and use that to guide you. You can always ask your healthcare professional for their guidance on the matter as well.

rewarding your body and keeping it strong – not punishing it by pushing it past its limits.

**MYTH: Physical activity will make you more tired**  
Physical activity increases blood circulation. That blood carries oxygen to all parts of your body – including your brain. And what that increased oxygenation does is help wake you up, making you, yes, less tired! Now if you work out to a point of complete fatigue and exhaustion, then you will be more tired after being active. But there is no need to push it that hard, and you shouldn't push yourself to a fatigue while pregnant. Physical activity is about rewarding your body and keeping it strong – not punishing it by pushing it past its limits.

definitely recommended in all 'normal' pregnancies.

are not considered high risk and physical activity is different – and that's perfectly OK. Most pregnancies may mean your physical activity routine looks a bit seriously. It doesn't mean you can't stay active, but it activity, then that is guidance you should take very has specifically advised you to not engage in rigorous or other complicating conditions where your doctor **Things to consider:** if you have a high-risk pregnancy

harms baby during pregnancy.

bubble. There is no evidence that physical activity baby is quite content within his or her cushioned little a shock absorber, so when you're moving around, your womb. The amniotic fluid that surrounds baby acts like **MYTH: Being more active during pregnancy can harm your baby.**

The truth is, your baby is really well protected in your

# Being more active during pregnancy Myths

Information used in this booklet was taken from Baby 2 Body. For more information and support please visit their website: <https://www.baby2body.com/>

**Other useful websites**


**NHS**  
[www.nhs.uk/pregnancy/keeping-well/exercise/](http://www.nhs.uk/pregnancy/keeping-well/exercise/)

**Better Health Start 4 Life**  
[www.nhs.uk/start4life](http://www.nhs.uk/start4life)

**MYTH: By being active, you're putting your body first over what's best for your baby**  
Your growing baby is a part of your body and taking care of yourself as best you can is one of the very best things you can do your child. You matter mama, and you deserve your health and happiness - don't ever forget that.





# Physical Activity for pregnant women


  
Helps to control weight gain

  
Improves fitness

Helps reduce high blood pressure problems

  
Improves sleep

  
Helps to prevent diabetes or pregnancy

  
Improve mood

**Not active?**  
Start gradually

**Already active?**  
Keep going

**No evidence of harm**



Do **muscle strengthening** activities twice a week

**Every activity counts**, in bouts of at least 10 minutes



**Listen to your body and adapt**

**Don't bump the bump**