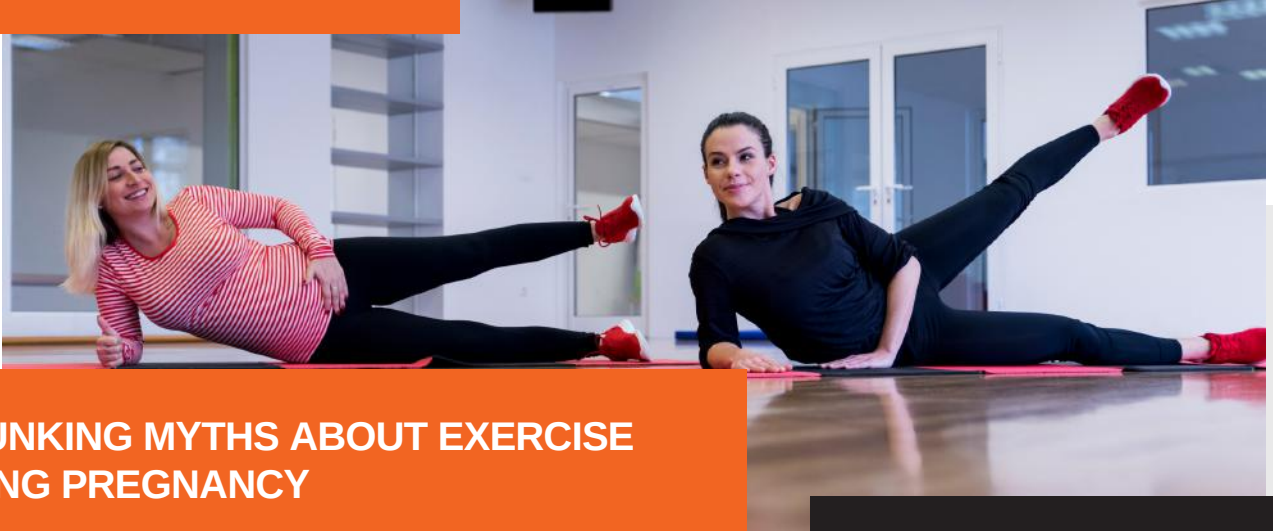


## 4 MYTHS ABOUT EXERCISE DURING PREGNANCY :



### DEBUNKING MYTHS ABOUT EXERCISE DURING PREGNANCY



**MYTH:** You shouldn't exercise at all during pregnancy.

**FACT:** Exercise is encouraged for most healthy pregnancies.

**MYTH:** You can't start an exercise routine if you weren't active before pregnancy.

**FACT:** It's okay to start a new exercise routine during pregnancy, but start slowly and gradually increase intensity.



**MYTH:** You shouldn't lift weights during pregnancy.

**FACT:** You can lift weights during pregnancy, but use lighter weights and proper form.

**MYTH:** Exercise can harm the baby.

**FACT:** Exercise is safe for the baby and does not increase the risk of miscarriage or premature birth.

# 3 EXERCISES TO PERFORM DURING PREGNANCY:



## 1) WALKING:

This low-impact exercise is a great way to stay active throughout your pregnancy. It's gentle on your joints and can be easily modified to fit your fitness level.

Aim for at least 30 minutes of brisk walking most days of the week.



## 2) PELVIC FLOOR EXERCISES (KEGELS):

These exercises strengthen the muscles that support your bladder, uterus, and bowel. They can help prevent urinary incontinence and improve postpartum recovery.

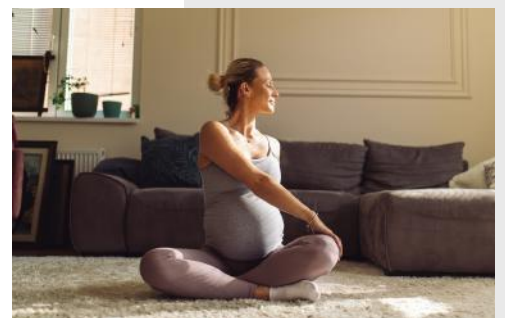
To do Kegels, squeeze your pelvic floor muscles as if you're trying to stop the flow of urine, hold for a few seconds, and then relax. Repeat several times a day.



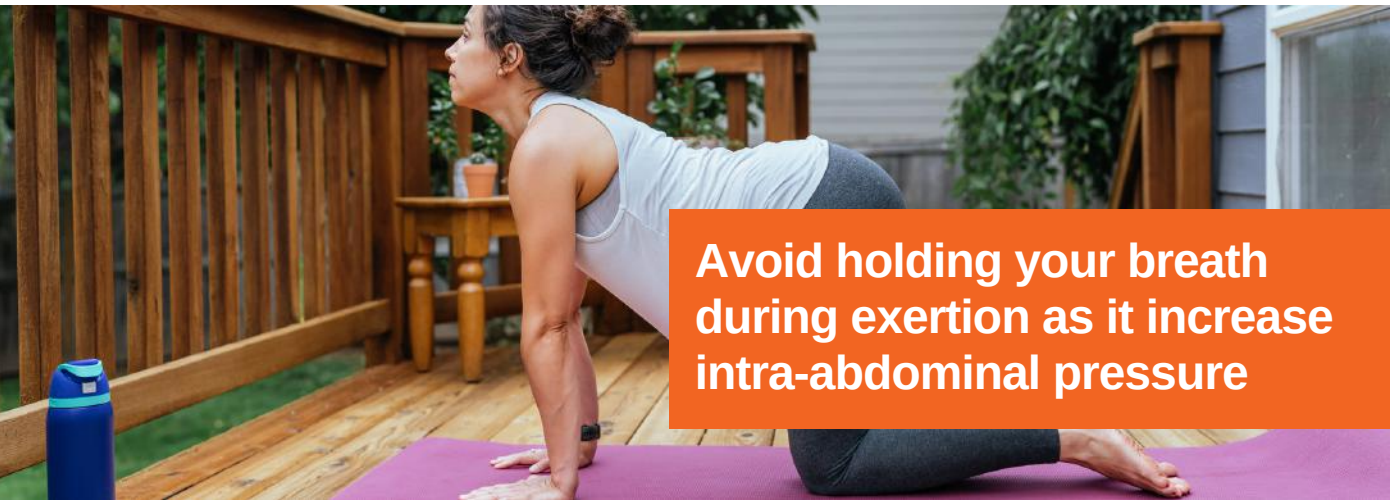
## 3) PRENATAL YOGA:

This type of yoga is specifically designed for pregnant women. It can help improve flexibility, strength, and balance.

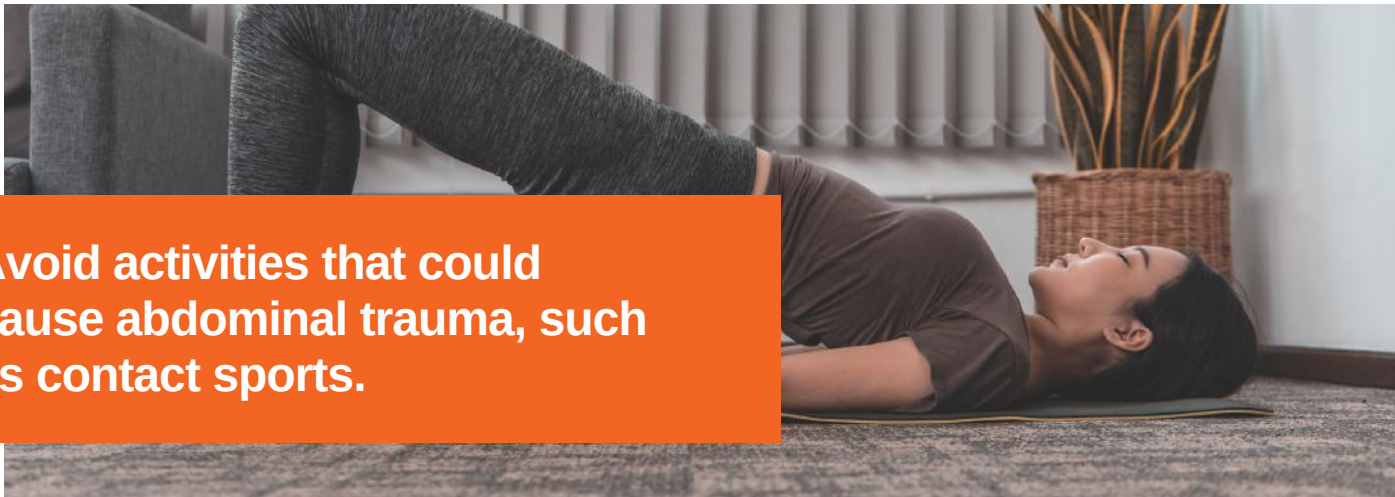
Prenatal yoga classes often include gentle stretches, breathing exercises, and relaxation techniques.



## 2 THINGS TO AVOID DURING EXERCISE IN PREGNANCY:



Avoid holding your breath during exertion as it increases intra-abdominal pressure



Avoid activities that could cause abdominal trauma, such as contact sports.

## 1 TIP FOR A HEALTHY PREGNANCY:

LISTEN TO YOUR BODY AND REST WHEN YOU NEED TO.

