



Moving For Two!

Physical activity is seen as a critical part of a healthy pregnancy, promoting maternal, fetal and neonatal health and reducing the risk of pregnancy-related illnesses such as depression, gestational diabetes, high blood pressure and preeclampsia.

All individuals without contraindication should be physically active throughout pregnancy and are recommended to accumulate at least 150 minutes of moderate-intensity physical activity each week, which include a variety of aerobic, resistance and gentle stretching exercises to achieve greater benefits.

Ready to get active? Speak to a health care provider and complete the [Get Active Questionnaire for Pregnancy](#).



Pregnant individuals who experience light-headedness, nausea or feel unwell when they lie flat on their back should modify their position.

There may be periods when following the guidelines are not possible due to fatigue and/or discomforts of pregnancy. People who are pregnant are encouraged to modify physical activity as pregnancy progresses and to do what they can and then return to following the recommendations when they are able.

Warm-up

To warm-up, walk on the spot, or around the room for 2 minutes. Be sure to swing your arms to get your upper-body warm as well.

The Circuit

Perform the five exercises below with control. Complete one, two, or three rounds, moving at a comfortable pace from one exercise to the next. Start slow and work your way up while following the advice of a health care provider!

Duration

Beginner

30-second intervals

Intermediate

40-second intervals

Advanced

50-second intervals

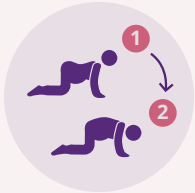
[The Moves are found on page 2 →](#)



Moving For Two!

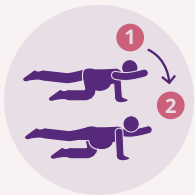


The Moves



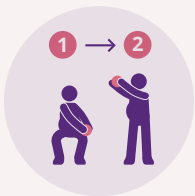
Cat/Cow Pose

From a quadruped position (on all fours), round your back and then slowly move into a gentle arch, moving through a range of motion that feels right. This exercise is a wonderful way to stretch and elongate your spine, which may be tight from bearing the baby's weight. You can also think of this exercise as a crunch 'turned upside-down' to strengthen your core muscles!



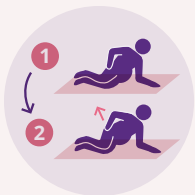
Bird Dog Pose

Assume a quadruped position (on all fours). Lift your right arm in front as you extend your left leg back, and then switch to the other side. If the balance challenge of lifting both arm and leg is too much, modify the exercise to lifting just the arm and then just the leg.



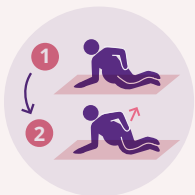
Woodchop

Start in a squat position with both hands down to one side of your body (optional: hold a dumbbell or bag of flour). Rise up out of the squat, bringing both arms diagonally upward across your body and above your head on the opposite side, as though you are lifting your baby up and out of their crib. Repeat on the opposite side.



Side Plank-Left

Lie on your left side with your knees bent, and prop your upper body up on your elbow, keeping your elbow directly beneath your shoulder. Raise your hips off the floor, as you draw your core in, and hold for the recommended interval time.



Side Plank-Right

Lie on your right side with your knees bent, and prop your upper body up on your elbow, keeping your elbow directly beneath your shoulder. Raise your hips off the floor, as you draw your core in, and hold for the recommended interval time.