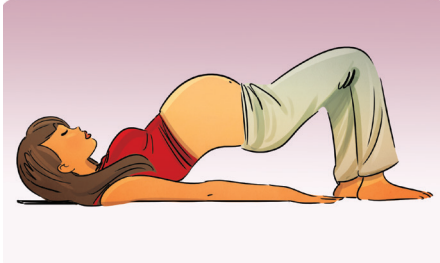


# 11 - Physical exercise

Unless there are obstetric reasons to the contrary, it is better for a pregnant woman to do some physical exercise, in line with her status.

## Benefits



Exercise during pregnancy helps keep blood glucose levels under control and makes it possible to consume excess calories, which favours non-excessive weight gain.



Physical exercise also gives good muscle tone, keeps the intestines active, and contributes to the mother's good humour.



Taking a walk in the open air and in the light of day helps with the synthesis of vitamin D, which is vital for bone health.

## What must I do and not do?



Walking is the simplest form of exercise during pregnancy. Walk reasonably quickly for half an hour every day.



Swimming is good for pregnant mothers, and it can be done right up to the end of pregnancy, just like gymnastics in water. Both these activities allow you to do something which, would be much more tiring on dry land.



Do not undertake any physical activity which involves running or jumping, or where you might fall or cause yourself too much strain.



Before starting any physical activity, do some warming up exercises and, when you are finished, relax by doing some stretching exercises.



Keep away from places which are too hot or humid. Drink plenty of water before, during, and after any physical exercise.



Ask your family doctor what sort of physical exercise is best for you. If you get tired or feel contractions, stop immediately.