

Exercise Tips

Exercise is encouraged during pregnancy because it has many benefits including preparing you for labor and childbirth.

- Pick a specific time to exercise daily.
- Wear comfortable clothing.
- Don't exercise right after you eat.
- Start out slowly — start with a few repetitions and work your way up.
- Take a deep cleansing breath at the beginning of each exercise.
- It's recommended that you drink eight ounces of water for every 30 minutes of exercise you do.