

bumpercise

Exercise in Pregnancy

Benefits of exercising during pregnancy

The benefits of exercise in pregnancy are now well researched and understood and include:

- Many common pregnancy symptoms including tiredness, anxiety, insomnia, swollen ankles, constipation, lower back pain and high blood pressure are reduced in women who exercise.
- Exercise helps to control excessive weight gain, improves posture and reduces muscular and joint problems.
- There is evidence that weight bearing exercise during pregnancy can shorten labour and reduce delivery complications.
- Exercising and being active during pregnancy helps women recover and get back into shape more quickly after having a baby as well as being fitter and stronger to cope with the demands of a new baby.

More information about the benefits of exercising during pregnancy are included in The Royal College of Obstetricians and Gynaecologists' patient information leaflet "Recreational exercise and pregnancy".

http://www.rcog.org.uk/resources/public/pdf/recreational_exercise_pi.pdf