



How can you be more active during your pregnancy?

Already active? Keep going.

Did you know, if you have an uncomplicated pregnancy and you're **already active** it is **safe to continue** with physical activities throughout pregnancy, and this has benefits for your physical and mental wellbeing?

New to activity? Start gradually.

Did you know, if you have an uncomplicated pregnancy and you're **new to activity**, **starting gradually** and building up your activity levels means you too can improve your physical and mental wellbeing?



Why should you be active during your pregnancy?

Key benefits include:



Help in reducing high blood pressure problems

Help in preventing diabetes of pregnancy



Help in controlling weight gain

Improved fitness



Improved sleep

Improved mood



How much activity is recommended?

Aim for **150 minutes of moderate intensity** physical activity spread throughout the week.

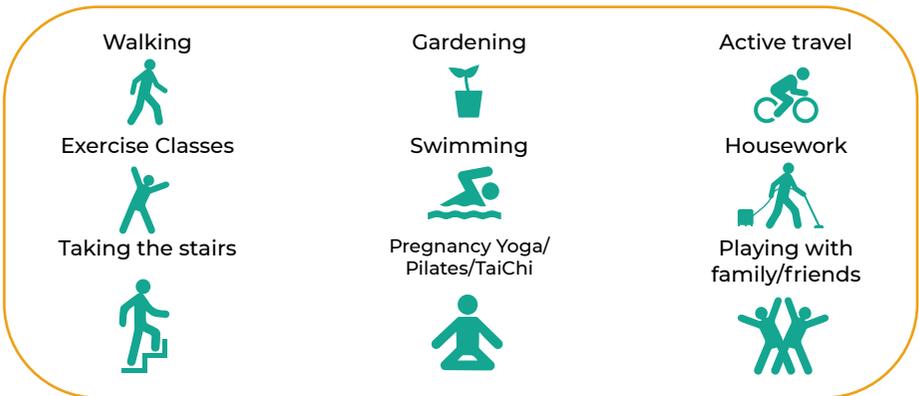
Don't worry, you need not do it all at once. Every activity counts!

Include strength and balance activities twice per week e.g. walking uphill, taking the stairs, carrying shopping bags, and pregnancy yoga.

What does it mean to be physically active?

Moderate intensity activities involve any activity that makes you breathe faster whilst still being able to hold a conversation.

Why not try one of these ways of getting active?



For more information and inspiration why not visit:
www.babybuddyapp.co.uk/this-mum-moves

Important safety messages

There is no evidence that being active during pregnancy is harmful to healthy women or their babies.

Listen to your body and adapt. If it feels pleasant keep going, if it is uncomfortable stop and seek advice.

Remember not to bump the bump. Avoid activities with an increased risk of injury through physical contact or falling/trauma.

If you're unsure seek advice from your midwife, health visitor or other healthcare professional.

Visit www.thismummoves.co.uk/evaluation/ to get involved in our research.

The information on this leaflet is based on guidance provided by the UK Chief Medical Officers. For further details visit:
<https://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report>

Join the movement!

Join the thousands of women finding ways to be active during pregnancy and let us know what activities work for you!

Share your activity journey with **#ThisMumMoves**

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