

## **PREGNANCY**

### **Do's & Don'ts**

#### **DO'S DURING PREGNANCY:**

- Do check with your doctor before you start any exercise program during pregnancy.
- Do keep your heart rate between 60-75% of your maximum when exercising.
- Do try to work out at least 3 times a week
- Do consider non-weight-bearing exercises, such as swimming or cycling, if you have joint problems.
- Do drink lots of fluids before, during, and after exercise.
- Do eat a well-balanced diet during pregnancy.
- Do wear comfortable, support clothing and shoes when exercising.
- Do make exercising a part of your everyday life.
- Do stop exercising immediately if you have any problems.

#### **DON'TS DURING PREGNANCY:**

- Don't start jogging during pregnancy.
- Don't overdo your exercising or get over tired.
- Don't take any medications for injuries without consulting your doctor.
- Don't have x-rays if it's possible to avoid.
- Don't sit in hot tubs, spas or saunas.
- Don't weight train if you have not been in a weight-training program prior to pregnancy.
- Don't try to lose weight during pregnancy.
- Don't do exercises lying on your back after the fifth month of pregnancy.
- Don't take salt pills during or after exercise.
- Don't exceed 75% of your maximum heart rate.