

### **E-Blast: Physical Activity During Pregnancy**

Physical activity during pregnancy, when approved by your OB-GYN, can provide multiple benefits. These include: improving circulation, increasing energy, supporting mood, relieving back discomfort, helping with weight management, and making labor easier.

#### **Examples of recommended exercises:**

- Stretching
- Yoga prenatal
- Pilates prenatales
- Dance without acrobatics
- Kegel exercise
- Walking
- Swimming and water aerobics

In addition, it is important to incorporate warm-up movements at the beginning of the activity and stretching at the end. You should stop physical activity immediately if you have vaginal bleeding, abdominal or chest pain, dizziness, muscle weakness, regular painful contractions or loss of amniotic fluid.

#### **Reference:**

<https://www.mayoclinic.org/es/healthy-lifestyle/pregnancy-week-by-week/in-depth/pregnancy-exercises/art-20546799#:~:text=Hacer%20actividad%20durante%20el%20embarazo,un%20programa%20integral%20de%20ejercicios.>  
<https://www.cigna.com/es-us/knowledge-center/hw/ejercicio-durante-el-embarazo-hw194995>