

Benefits of Exercise

If you are pregnant, talk to your doctor before starting an exercise program.
Ask about the activities that are right for you.

Exercise can help you...

- look and feel great
- have more energy
- be more fit and flexible
- have firmer muscles
- lower your stress
- have stronger bones
- manage your weight
- have a stronger heart
- lower your blood pressure
- lower your cholesterol



In pregnancy, exercise has extra benefits. It can help...

- you feel less tired
- you sleep better
- improve your mood
- improve your posture and reduce back pain
- reduce constipation
- reduce bloating and swelling
- make your muscles stronger for labor
- prevent or treat diabetes