

Get Active!



Key Words

- **Moderate aerobic exercise** makes your heart beat faster.
 - **Vigorous aerobic exercise** makes you sweat and breathe faster.
- The talk test:** If you are vigorously active, you should not be able to talk comfortably and exercise at the same time.

Goals

- Aim for at least 1 hour of moderate to vigorous aerobic exercise every day. You can split the hour into sessions that are at least 10 minutes each. If you can't do 1 hour, do what you can. A little more exercise can make a big difference.
- Try to do vigorous aerobic activity at least 3 days per week. If you're not active right now, start with only 1 day per week and slowly increase to 3 days per week.
- Do muscle and bone strengthening activities at least 3 days per week to stay strong.
- **Most pregnant teens should exercise 30 minutes or more on most if not all days of the week. Talk to your doctor before starting an exercise program. Ask about the activities that are right for you.**



Examples of Vigorous Aerobic Exercises:

- Running or jogging with friends, family, or pets (if pregnant, usually okay if you ran before pregnancy, but ask your doctor first)
- Fast dancing or swimming
- Playing soccer, tag, basketball, or tennis (do not do if pregnant)

Examples of Moderate Aerobic Exercises:

- Walking briskly. Try walking with children or walking to school/work.
- Biking, climbing stairs, or dancing
- Raking leaves, sweeping, vacuuming or scrubbing floors, mowing the lawn



Examples of Easy Bone and Muscle-Strengthening Exercises:

Walking, lifting weights or children, climbing stairs