


**When you exercise, remember:**

- You should be able to talk normally while exercising. If you are not able to have a normal conversation, you are causing your heart to work too hard.
- When you get tired, stop.
- Do not jerk, bounce, or jump.

**Call your health care provider right away if you:**

- Feel pain when you exercise
- Feel dizzy
- Are short of breath
- Think you might faint

**There are other warning signs to watch for.**

- Bleed or leak fluid from your vagina
- Have a rapid heartbeat when you rest
- Have a hard time walking
- Have pain or swelling in your calf
- Have contractions
- Have chest pains
- Have a headache

**Follow these safety tips:**

- Don't do anything that could hurt your abdomen. Stay away from karate and other contact sports.
- Avoid becoming overheated. Don't exercise in hot weather. Wear light clothing.
- Don't lie on your back after you are four months pregnant
- Stay away from activities that could lead to falls
- Don't do full sit-ups or leg lifts with both legs
- Bend your knees when you touch your toes
- Don't stand still for long periods of time

**Get the food and water you need when you exercise:**

- Drink plenty of water. You will need at least eight glasses of water a day when you are pregnant.
- Drink extra water when you exercise
- Eat plenty of healthy food. Eat a healthy snack after you exercise.

**After you give birth:**

- Talk with your doctor about when to start to exercising again
- Go back to your exercise program slowly, as you feel you can
- Start out easy in the first few days after your baby is born
- Exercise longer and a little harder day by day

