Body Basics

Check out which activities work specific muscles of your body!

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

Exercises for Everyone *Good for Pregnancy*	Muscles Worked
Running (if pregnant, usually okay if you ran before pregnancy, but ask your doctor first)	Calves (lower leg), front/back thigh
Swimming	Nearly all major muscles
Walking	Arms, calves, front/back thigh, abdominals
Cycling on a stationary bike	Calves, front/back thigh
Dancing	Nearly all major muscles but varies by type of dance
Push-ups	Chest, shoulders, arms, abdominals
Squats -- See the *Fitness Tip*	Calves, front/back thigh, butt
Crunches (if pregnant, avoid after 1st trimester)	Abdominals

More Exercises *Do not do if Pregnant*	Muscles Worked
Jumping rope	Calves, thighs, abdominals, shoulders, arms
Skating	Inner/outer thigh, butt
Jumping Jacks	Calves, inner/outer thigh, butt

Adapted from the Office on Women's Health <www.girlshealth.gov/fitness/exercise/musclegroups.cfm>

Fitness Tip: How to do a Squat

1. In front of a sturdy, armless chair, stand with feet slightly more than shoulder-width apart. Extend your arms out so they are parallel to the ground and lean forward a little at the hips.
2. Lower yourself in a slow, controlled motion, to a count of four, until you are almost sitting. Do not sit down too quickly.
   - Make sure your knees **never** come forward past your toes.
   - Place more of your weight on your heels than on the balls or toes of your feet to help keep your knees from moving forward past your toes.
3. Pause, count to two. Slowly stand up. Keep your knees over your ankles and your back straight. Repeat.
   - Do not lean your weight too far forward or onto your toes when standing.

Note: If this exercise is too hard, start off by using your hands for help. If you are unable to go all the way down, put a few pillows on the chair.

Adapted from the Centers for Disease Control and Prevention <www.cdc.gov/physicalactivity/growingstronger/exercises/stage1.html>

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