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Why movement matters

For most people with an uncomplicated pregnancy, regular physical activity can support energy, sleep, mood, circulation, and comfort. The right plan is individual. It may need to change with pain, bleeding, a pregnancy complication, or advice from your clinician.

How much activity is usually recommended

ACOG advises at least 150 minutes of moderate-intensity aerobic activity each week for most pregnant and postpartum people. This can be divided into shorter sessions. During moderate activity, you should usually be able to speak in a sentence even though you are breathing more deeply.

Good options to consider

Walking, swimming, stationary cycling, low-impact aerobics, prenatal yoga, and modified strength work can be suitable options. Start gently if activity is new to you. Hydration, supportive footwear, comfortable clothing, and a cooler setting can help.

Activities that need caution

Avoid activities with a high risk of falling or abdominal trauma, including contact sports, downhill skiing, horseback riding, scuba diving, and many forms of outdoor cycling. Avoid overheating. Ask your clinician before beginning or changing activity if you have a high-risk pregnancy or have been advised to limit activity.

When to stop and seek advice

Contact your care team promptly for vaginal bleeding, fluid leakage, chest pain, fainting, severe headache, painful regular contractions, calf pain or swelling, or shortness of breath before activity. Stop if you develop pain, pressure, dizziness, or symptoms that do not settle with rest.

The takeaway

The best plan is realistic, regular, and adapted to your pregnancy. A short walk counts. Bring questions about specific activities to your prenatal appointment.

Reference

[ACOG: Physical Activity and Exercise During Pregnancy and the Postpartum Period](#)