

## Exercise & Pregnancy



The updated opinion advises that women should have an eventual goal of moderate-intensity exercise for at least 20-30 minutes per day on most or all days of the week. The “talk test” – whether a woman can carry on a conversation while exercising – is a good way to ensure that the exercise is not too intense.

In the updated recommendations, walking, swimming, stationary cycling, low-impact aerobics, modified yoga or pilates, running, jogging, racquet sports, and strength training as “safe” during pregnancy. But pregnant women should avoid contact sports, scuba diving, sky diving, “hot yoga” or “hot pilates,” and “activities with a high risk of falling” such as gymnastics and skiing, among others.

Some absolute contraindications to aerobic exercise during pregnancy include hemodynamically significant heart disease, restrictive lung disease, incompetent cervix or cerclage, and multiple gestation at risk of premature labor, among others.

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