

# Physical Activity During Pregnancy

The Creator has given women the power to give life. During pregnancy, many changes to your body can be expected. These changes are natural, beautiful and to be celebrated.

## Why get active?

### Being active throughout pregnancy...

- helps to prevent and control gestational diabetes
- helps prevent nausea, fatigue, constipation and backpain
- helps you to feel good about yourself and reduces stress
- may lessen "crankiness" in your newborn baby

- helps you to be more "fit" for labour and delivery

**Traditionally women stayed active throughout pregnancy.**

***"You are not sick, you're pregnant... get moving"***

the late, Victoria Clearsky,  
Waywayseecappo First Nation, Manitoba

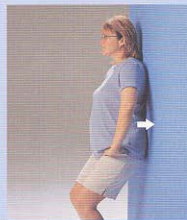
## Stretching

- stretching is important throughout pregnancy to maintain and improve flexibility
- be sure to avoid overstretching
- stretch slowly and hold the stretch for 10-30 seconds



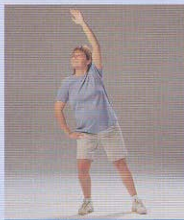
**Chest Stretches**

Push shoulder blades together, hold for 10 seconds and repeat.



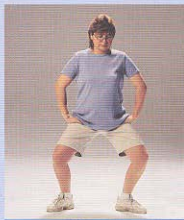
**Pelvic Tilt**

Slightly bend knees, push lower back into wall. Hold for 10 seconds and repeat.



**Side Stretches**

Keep knees slightly bent. Make sure knees do not extend over toes. Hold for 10 seconds and repeat.



**Squats**

Start in standing position. Point toes outwards. Bend knees. Make sure knees do not extend past toes. Hold for 10 seconds and repeat.