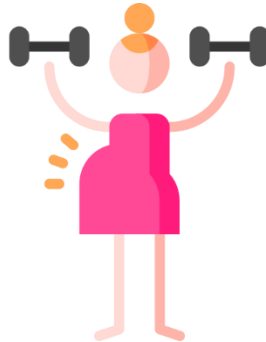




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# Exercise During Pregnancy



# What are the benefits of physical activity for a pregnant woman?

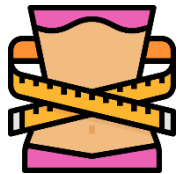
- Helps reducing pregnancy pain



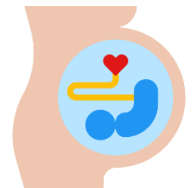
- Increase the flexibility of the body's organs, making these organs more flexible and stronger in preparation for delivery



- Maintain healthy weight



- Stimulate blood circulation, which helps the baby to grow normally.



- Increase self-confidence.



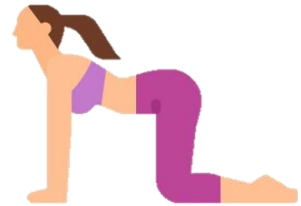
## What are the appropriate exercises for a pregnant woman?

Pregnant women can practice all kinds of light sports without having any miscarriage or bleeding, such as walking or swimming.



### First Exercise:

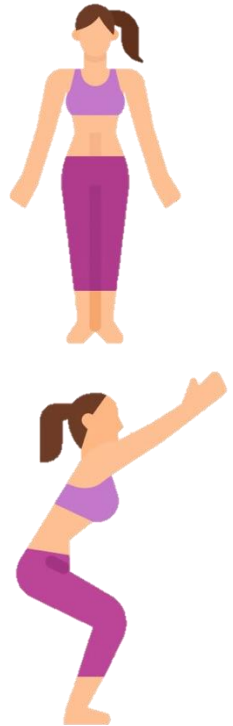
1. Relax in a crawl position, as shown in the figure.
2. Contract the butt muscles for 10 seconds and then return to the relaxation position.
3. Repeat this exercise 10 times



## What are the appropriate exercises for a pregnant woman?

### Second exercise (Squat):

1. Stand in readiness position with your hands stretched out on both sides.
2. Get down with the butt, as if you were sitting on a low chair with your hands extended forward, then go back to the standby position.



3. Repeat this exercise 8 times.

# What are the appropriate exercises for a pregnant woman?

## Third Exercise:

1. Sit in readiness position, as shown in the picture.



2. Press the thighs down with the elbows and hold for 10 seconds, then stop the pressure to return to the readiness position.



3. Repeat this exercise 10 times.

# What are the appropriate exercises for a pregnant woman?

Fourth exercise:

1. Lie on your back on the floor.



2. Get into a seated position with the help of your hands. Then lie down again.



3. Repeat this exercise 8 times.

# What are the appropriate exercises for a pregnant woman?

Fifth exercise:

1. Lie on your back with knees bent.



2. Lift your pelvis up, then go back to the lie-down position



3. Repeat this exercise 8 times.

## What are the appropriate exercises for a pregnant woman?

Sixth exercise:

Walking is considered one of the best exercises for everyone including other exercise. Therefore, you should walk outdoors for about half an hour.





# What are the benefits of walking?



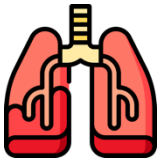
Reduce constipation



Facilitate breathing



Blood purification



Improving lung function



Improving bowel function

## What are the appropriate exercises for a pregnant woman?

Seventh exercise (Kegel):

To do these exercises, you can ask the obstetrician or gynecologist or the health educator.



One last advice:

Consult a medical professional before exercising or walking, in order to determine the exercises that suit your health condition.



### Sources and References:

All pictures used from Flaticon.com

### Review and audit:

The content of this booklet has been reviewed by  
Obstetrics and Gynecology Consultants at King  
Fahad University Hospital

# Health Awareness Unit

IAU-20-20



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