

Pregnancy

and Physical Activity

Moderate-vigorous physical activity can have numerous health benefits without significant risks. However, pre-existing conditions or complications from pregnancy may mean pregnant women should avoid Moderate-vigorous physical activity to prevent adverse outcomes.



Pregnant women with these conditions

Can enjoy day-to-day activities, but should **not engage in moderate or vigorous exercise**

- Severe respiratory disorders
- Severe cardiovascular disorders
- Arrhythmias
- Placental abruption
- Vasa previa
- Uncontrolled type 1 diabetes
- Intrauterine growth restriction
- Active preterm labour
- Severe preeclampsia
- Cervical insufficiency



Pregnant women with these conditions

Can continue with physical activity, but may need to **reduce intensity and/or duration**

- Mild cardiovascular disorders
- Mild respiratory disorders
- Mild preeclampsia
- Well-controlled type 1 diabetes
- Premature rupture of membranes
- Placenta previa after 28 weeks
- Untreated thyroid disease
- Severe and symptomatic eating disorders
- Undernutrition
- Heavy smoking (≥20 cigarettes per day) in the presence of other complications



Pregnant women without any of these conditions can begin or continue to be physically active per current guidelines. Consult with your obstetric health care provider if you have questions or concerns.