

Date: _____

Patient demographics



Research shows a lot of benefits for pregnant women when they are physically active in pregnancy. Physical activity in pregnancy:

- Decreases all major pregnancy complications
- Decreases gestational diabetes and improves blood sugar control
- Decreases C-section rates
- Decreases the size of baby at the time of birth
- Decreases gestational hypertension (blood pressure)
- Decreases the severity of back and pelvic pain
- Decreases the risk of childhood obesity
- Decreases the risk of post-partum depression

We recommend:

- 150 minutes of *moderate-intensity physical activity* per week
- Starting with at least 3 days per week, 30 minutes each time but working up to 50 minutes
- Strengthening exercises of major muscle groups 2 times weekly
- Gentle stretching afterward

Moderate-intensity aerobic activity includes walking, gardening, swimming, biking, etc.:

- Your heart rate should go up and stay up while you are exercising
- You should have to breathe harder
- You should have continuous movement for at least 10 minutes
- Sweating is OK

Physician / Midwife Signature
Printed Name / CPSA #