



MINISTRY OF  
**HEALTH &  
WELLNESS**



**JAMAICA MOVES**

# PHYSICAL ACTIVITY

&

# PREGNANCY



# 1

# SECTION 1

30 MINUTES A DAY HELPS  
KEEP THE DOCTOR AWAY.

REGULAR  
PHYSICAL  
ACTIVITY  
DURING  
PREGNANCY  
BENEFITS YOU  
AND YOUR  
BABY





# BENEFITS OF PHYSICAL ACTIVITY

## DURING PREGNANCY

**1**

REDUCES BACK PAIN

**2**

EASES CONSTIPATION

**3**

MAY DECREASE YOUR RISK OF GESTATIONAL DIABETES, PREECLAMPSIA, AND CAESAREAN DELIVERY

**4**

PROMOTES HEALTHY WEIGHT GAIN DURING PREGNANCY.



5

IMPROVES YOUR OVERALL GENERAL FITNESS AND STRENGTHENS YOUR HEART AND BLOOD VESSELS

6

HELPS YOU TO LOSE THE BABY WEIGHT AFTER YOUR BABY IS BORN

7

HELPS TO IMPROVE MOOD AND REDUCES STRESS

8

DECREASES THE RISK OF DEEP VEIN THROMBOSIS





# 2

## SECTION 2

LOVE YUH BODY, LOVE YUH BABY...MOVE  
30 MINUTES A DAY



WOMEN WHO ARE HEALTHY SHOULD  
GET AT LEAST 30 MINUTES 5 DAYS  
PER WEEK OR AN ACCUMULATION  
OF 150 MINUTES OF AEROBIC  
ACTIVITY AT MODERATE  
INTENSITY.

ALWAYS CHECK WITH YOUR DOCTOR BEFORE  
STARTING A PHYSICAL ACTIVITY PROGRAMME

# SECTION 3



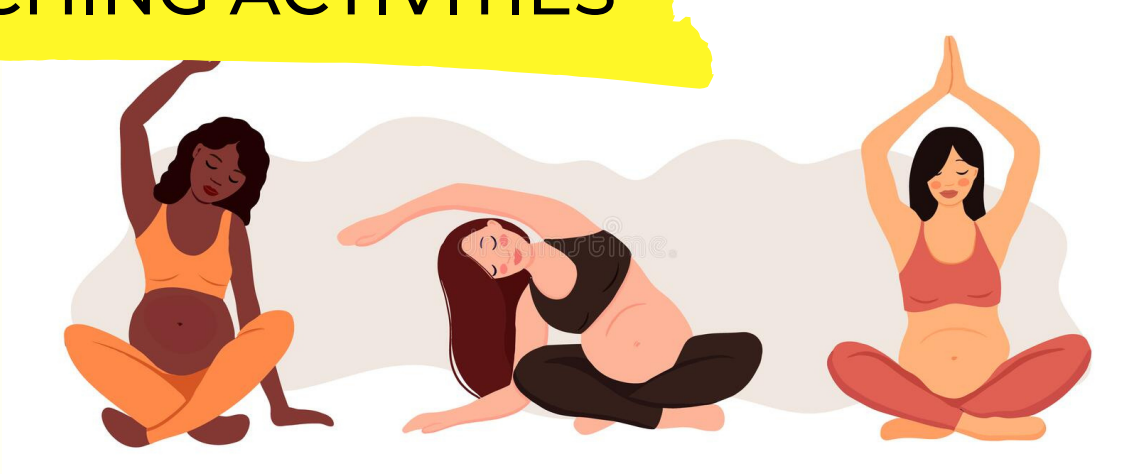
EXAMPLES OF ACTIVITIES THAT  
ARE SAFE DURING PREGNANCY



# VARIOUS TYPES OF ACTIVITIES THAT ARE SAFE DURING PREGNANCY

## SECTION 4

### STRETCHING ACTIVITIES



### AEROBIC/CARDIOVASCULAR ACTIVITIES

WALKING



SWIMMING

DANCING



# **BRISK WALKING**



IS A GREAT ACTIVITY THAT GIVES THE BODY A FULL WORKOUT AND IS LESS STRESSFUL ON THE JOINTS AND MUSCLES.



# **SWIMMING AND WATER WORKOUT**

ALLOWS THE BODY TO USE MANY MUSCLES AND HELPS TO PREVENT INJURIES BY PROVIDING SUPPORTS FOR EXCESS WEIGHT.





## **STATIONARY BICYCLING**

IS AN ACTIVITY THAT REQUIRES LESS BALANCE AND STABILITY.



## **MODIFIED YOGA AND MODIFIED PILATES**

HELPS TO IMPROVE FLEXIBILITY, BALANCE AND BREATHING. IT REDUCES STRESS AND ENCOURAGES STRETCHING AND FOCUSED BREATHING. HOWEVER, MOVEMENT THAT REQUIRES LAYING ON ONE'S BACK FOR LONG PERIODS SHOULD BE AVOIDED.

# SECTION 5



WHAT ACTIVITIES TO AVOID  
DURING PREGNANCY





IT IS GOOD TO STAY ACTIVE DURING PREGNANCY, HOWEVER, THERE ARE SOME ACTIVITIES THAT CAN CAUSE INJURIES;

## SOME EXAMPLES ARE

Riding bicycle	Scuba diving	Activities performed above 6,000 feet
Football	Skydiving	Gymnastics
Contact sports such as netball	Basketball/Volleyball	Horseback riding

# SECTION

# 6

## **STOP DOING ACTIVITY IF YOU EXPERIENCE:**

- CHEST PAIN
- DIZZINESS
- EXTREME FATIGUED
- HEADACHE
- FLUID OR BLEEDING FROM THE VAGINA
- PAINFUL CONTRACTIONS OF THE UTERUS
- SHORTNESS OF BREATH BEFORE STARTING EXERCISE
- PAIN OR SWELLING IN YOUR CALF

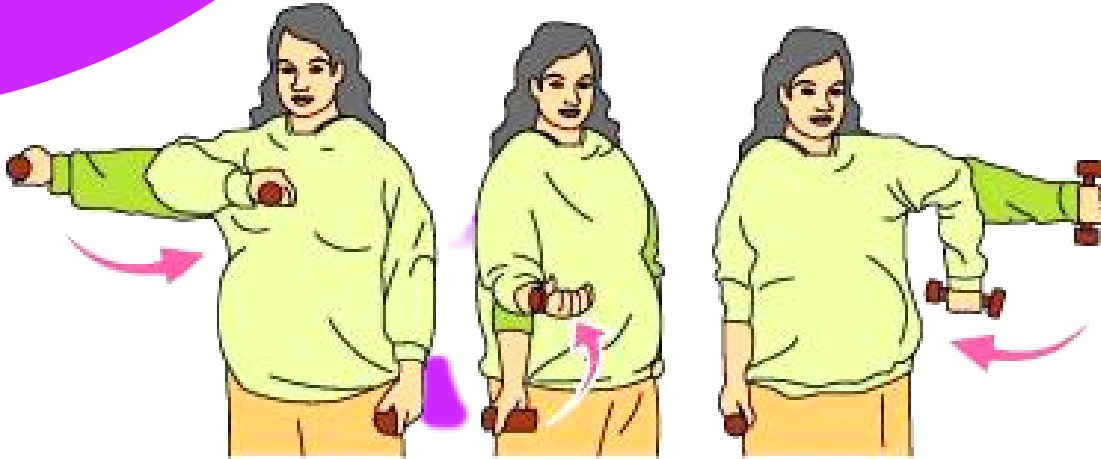
CHECK WITH YOUR DOCTOR. DO NOT RESUME YOUR  
PHYSICAL ACTIVITY PROGRAMME UNTIL YOU SEE  
YOUR DOCTOR



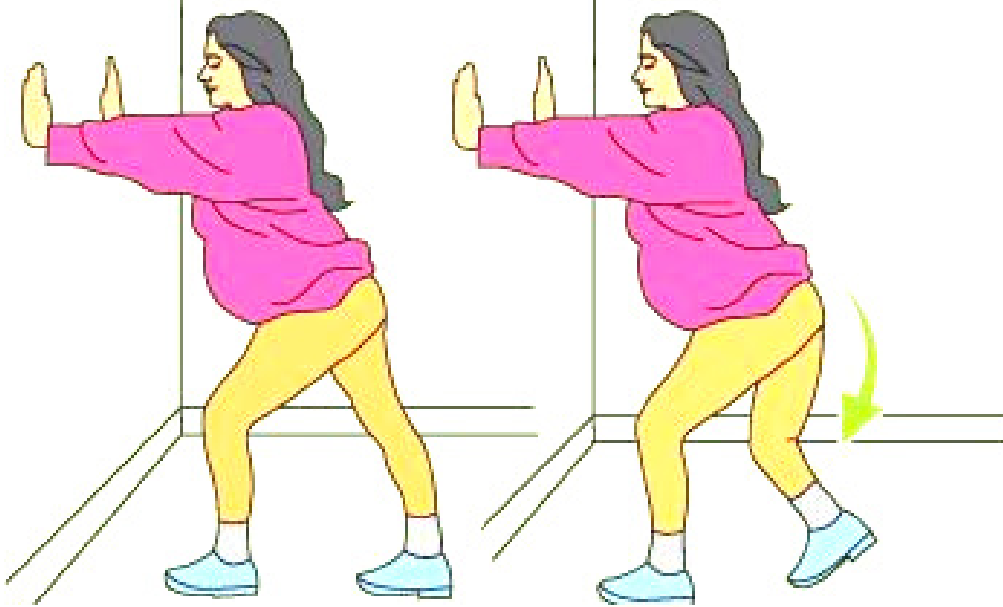


# SAMPLE WORKOUT FOR PREGNANT MOTHERS

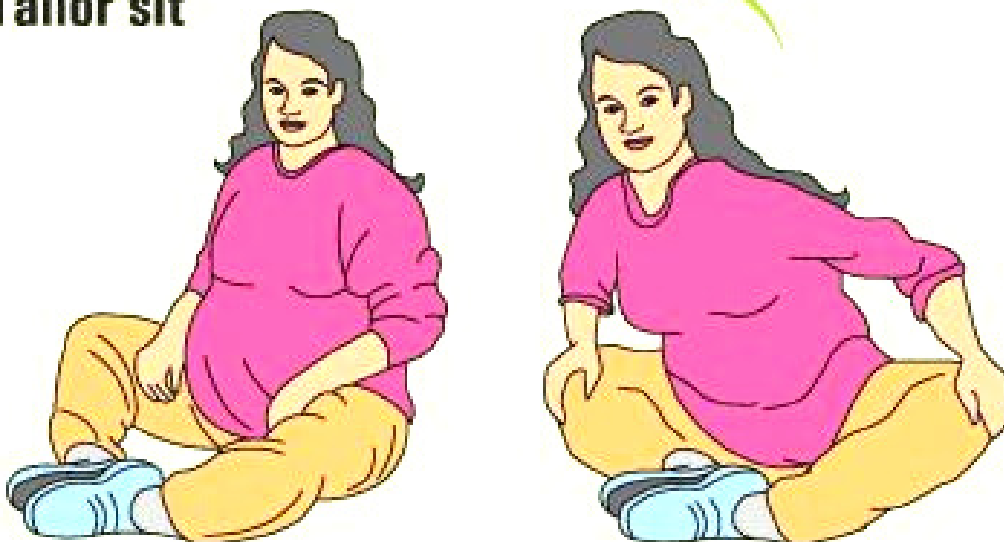
## Arm exercises



## Calf stretch



## Tailor sit



# SAMPLE WORKOUT

## FOR PREGNANT MOTHERS

### Neck and shoulder rolls



### Trunk turns



### Hamstring & lower back stretch



# REFERENCES

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9. [HTTPS://WWW.ACOG.ORG/PATIENTS/FAQS/EXERCISE-DURING-PREGNANCY](https://www.acog.org/patients/faqs/exercise-during-pregnancy)





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[www.moh.gov.jm](http://www.moh.gov.jm)

@themohwgovjm

