



MINISTRY OF
**HEALTH &
WELLNESS**



JAMAICA MOVES

PHYSICAL ACTIVITY & PREGNANCY GUIDE

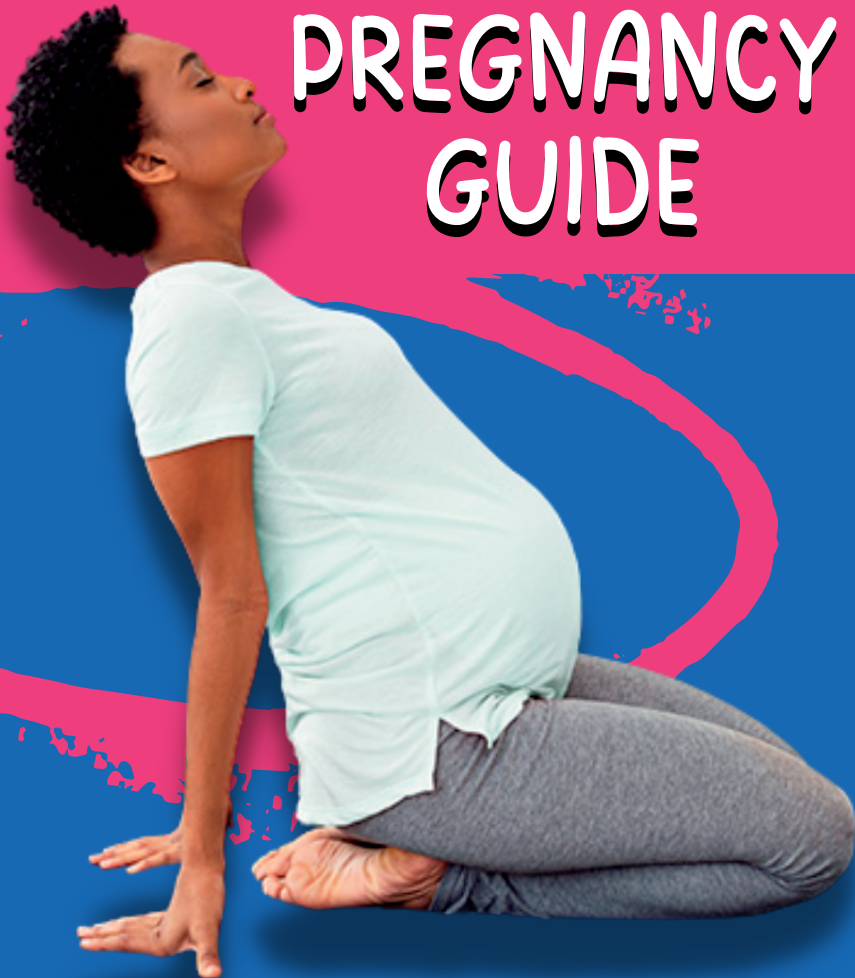






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SECTION 1

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

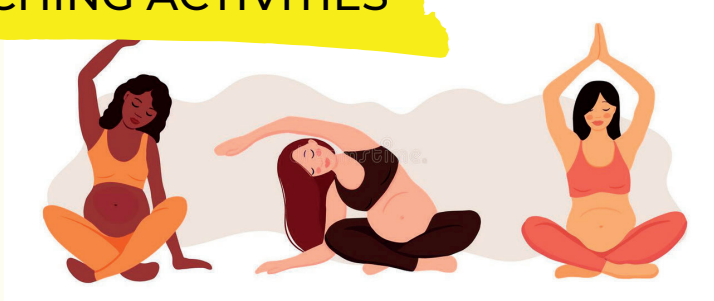
SECTION 3



EXAMPLES OF ACTIVITIES THAT
ARE SAFE DURING PREGNANCY

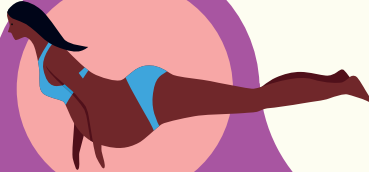
TYPES OF ACTIVITIES THAT ARE SAFE DURING PREGNANCY

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 SUPPORT 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 4

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

5

STOP DOING ACTIVITY IF YOU EXPERIENCE:

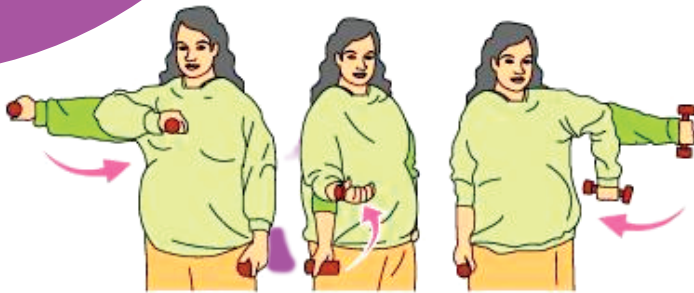
- CHEST PAIN
- DIZZINESS
- EXTREME FATIGUE
- HEADACHE
- FLUID OR BLEEDING FROM THE VAGINA
- PAINFUL CONTRACTIONS OF THE UTERUS
- SHORTNESS OF BREATH BEFORE STARTING EXERCISE
- PAIN OR SWELLING IN YOUR CALF

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

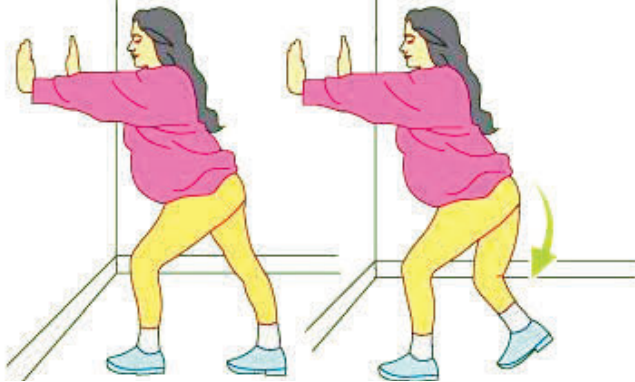


SAMPLE WORKOUT FOR PREGNANT MOTHERS

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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2. [HTTPS://WWW.CDC.GOV/PHYSICALACTIVITY/BASICS/PREGNANCY/INDEX.HTM](https://www.cdc.gov/physicalactivity/basics/pregnancy/index.htm)
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5. [HTTPS://WWW.BABYCENTER.COM/0_THE-13-RULES-OF-SAFE-PREGNANCY-EXERCISE_622.BC](https://www.babycenter.com/0_the-13-rules-of-safe-pregnancy-exercise_622.bc) SITE WITH A SIMPLE VIDEO
6. [HTTPS://WWW.ACOG.ORG/PATIENTS/FAQS/EXERCISE-DURING-PREGNANCY](https://www.acog.org/patients/faqs/exercise-during-pregnancy)



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