



## Statistics<sup>4,5</sup>

1. It is recommended to get at least 150 minutes of low to moderate intensity activity a week throughout pregnancy
2. In 2020 some states showed only 1 in 10 pregnant women met the recommended guidelines for physical activity
3. Pregnant women who exercise are 40% less likely to experience postpartum depression
4. Pregnant women who are active are up to 30% less likely to require a C-section than sedentary women



## References

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3. Amorim KCS, Amorim MM, Delgado A, et al. Active pelvic movements on a Swiss ball reduced labor duration, pain, fatigue, and anxiety in parturient women: a randomized trial. *P Physiother.* 2024, 70(1); 25-32. Doi: 10.1016/j.jphys.2023.11.001
4. Physical Activity and Exercise During Pregnancy and the Postpartum Period: ACOG Committee Opinion, Number 804. *Obstetrics & Gynecology* 135(4):p e178-e188, April 2020. | DOI: 10.1097/AOG.0000000000003772
5. Deprato A, Ruchat SM, Ali MU, et al. Impact of postpartum physical activity on maternal depression and anxiety: a systematic review and meta-analysis. *Br J Sports Med.* 2025;59(8):550-561. Published 2025 Mar 31. doi:10.1136/bjsports-2024-108478



## Benefits of Exercise and Movement for Pregnancy<sup>1,2</sup>

### Studies demonstrate reductions in...

- incidence of gestational diabetes
- rates of hypertensive disorders
- preterm birth rates
- postpartum depression

### and Improvements in...

- intact perineum
- cardiorespiratory fitness
- postpartum recovery time
- back pain

## MOVE WITH CONFIDENCE: PREGNANCY EDITION

A safe guide incorporating resistance training, PFM strengthening, and gentle stretching

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