

Guidelines for **physical activity** during **pregnancy**

Being active during pregnancy is safe and has health benefits for you and your baby. It can reduce the risk of some pregnancy-related problems, and supports a healthy pregnancy.

DO



Aerobic activities



Muscle strengthening activities



Pelvic floor exercises

REMEMBER



Drink plenty of water



Short bursts of activity work



Any physical activity is better than none



Avoid heat stress/hyperthermia

If you have a **healthy pregnancy**, and you were active before pregnancy, you can continue exercising.

If you were **inactive** before pregnancy, start slowly and build up your activity.

During your pregnancy aim to:

Be active on most, if not all, days of the week.

Do 30 to 60 minutes of moderate intensity activity or 15 to 30 minutes of vigorous intensity activity.

Do muscle strengthening activities on at least 2 days each week.

Break up long periods of sitting and standing still.

Do pelvic floor exercises.

If you have complications, seek advice from a health professional before being active.

For more information go to health.gov.au



Pregnancy Exercise Program cassette Poster And Instructional let

VM Jensen



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Pregnancy Exercise Programcassette Poster And Instructional: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the fascinating narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Pregnancy Exercise Programcassette Poster And Instructional : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and suspenseful novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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