



BABY STEPS

Exercise for Two

Exercise can make you feel better, help you sleep, and it can even prepare you for your baby's birth. Try to exercise most days of the week for 30 minutes.

Find an exercise buddy and GO:

- Walking
- Swimming
- Stationary (exercise) biking

Avoid activities where you might fall or get bumped.

These include:

- Step aerobics
- Skating or rollerblading
- Basketball or soccer
- Skiing

Here are some exercise tips:

- Go for a walk with a friend. It's more fun to exercise with someone else. Take a walk in the mall or in a park.
- Take a prenatal exercise class.
- Get off the bus or train one stop early and walk the rest of the way.
- Take the time to warm up and cool down properly.
- Keep your cool. Wear cool, airy clothes and do not exercise in hot weather.
- Don't forget to drink water.

Take care of yourself

- Don't overdo it. You should be able to talk while you exercise. If you cannot talk, you need to slow down.
- Stop if you feel sick or dizzy, or if it hurts.



Exercise is great for most pregnant women. But, check with your doctor or midwife before you start.

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