



## Exercise Benefits

Exercise during pregnancy has numerous benefits:

1. Builds strength & stamina.
2. Ideal weight gain.
3. Boosts the immune system.
4. Helps improve moods.
5. Promotes better sleep.
6. Lowers risk of pregnancy complications such as gestational diabetes.
7. Prepare for labor & birth.
8. Quicker post-partum recovery.

Healthy Moms = Healthy Babies

## When can I start exercising?

Exercise is safe for most pregnant women. However it is important that you consult with your doctor before you start any exercise program. It is recommended that you do not start anything new, unsupervised during pregnancy. Start slow, and gradually add more repetitions and intensity as your stamina increases. Listen to your body, stop if you feel any discomfort. Remember to always warm-up and cool-down to prevent injuries.

## Safe Exercises

### Walking

Aim for a brisk 30-45 minutes walk every day.

### Yoga

Yoga can be gentle and relaxing. Include some pranayams in your daily routine to enhance your lung capacity.

### Swimming

Exercising in water reduces the pressure on your joints and can help you to add more intensity to your routine.

### Weight Training

Light weights for the upper body can help build your strength.

### Dancing

Gentle swaying movements and stretches can help improve your flexibility.



## About Us

Sonali Shivilani is an Internationally Certified Pregnancy & Parenting Consultant with over 20 years of experience.

Book a personalized exercise class to learn safe pregnancy exercises. Register for our online video classes and workout at home at your own time and pace

We recommend exercising 3-4 times a week.

## Register



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In-person and Online Sessions.

**Your body is full  
of life.  
Your body is  
powerful.  
Your body made  
you a mother.**

## Pregnancy Exercise

Strong Mom - Healthy Baby

