

Exercise in GDM

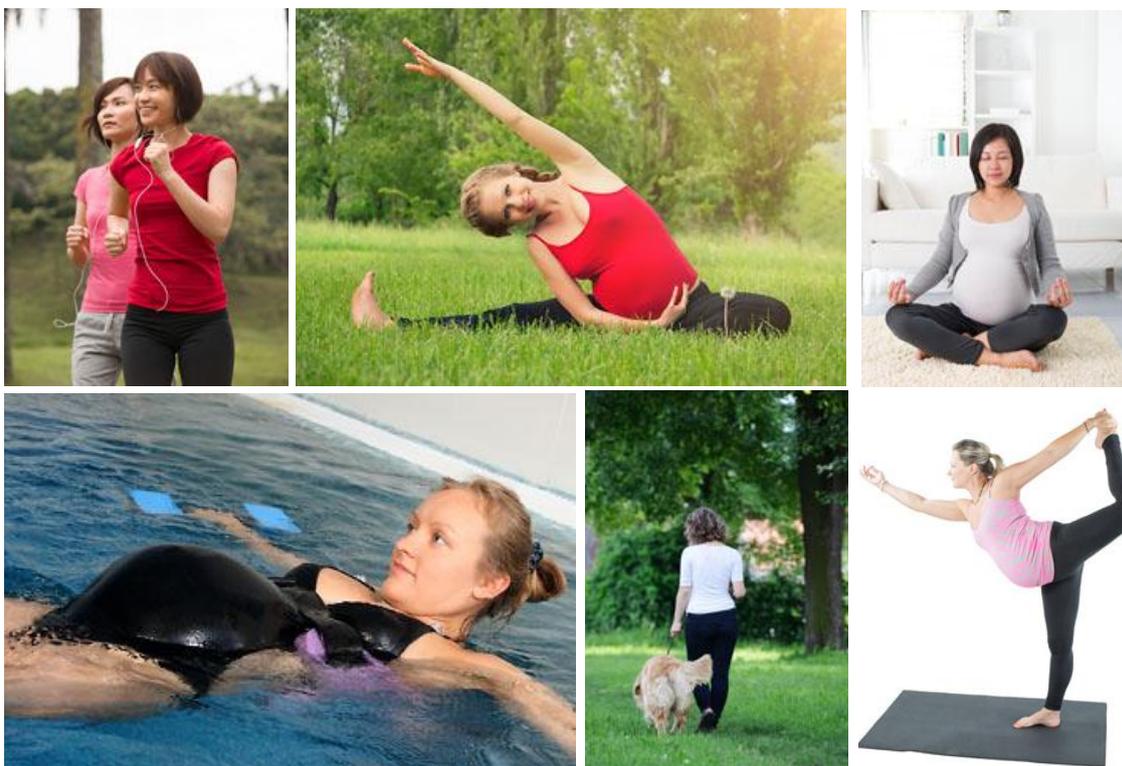
If you have a medical condition such as asthma or high blood sugar, or you have a complicated pregnancy ask your doctor or midwife before commencing exercise.

Why exercise?

Exercise will help you to control your blood sugar

What types of exercise should I do?

Moderate exercises is best, for example: walking, stationary bicycling, swimming, aqua aerobics, low impact aerobics.



Jogging and more active exercise can be continued if they were usual activities before pregnancy – but **should not start** for the first time during pregnancy. Ask your doctor or midwife for advice if you plan to continue in the third trimester.

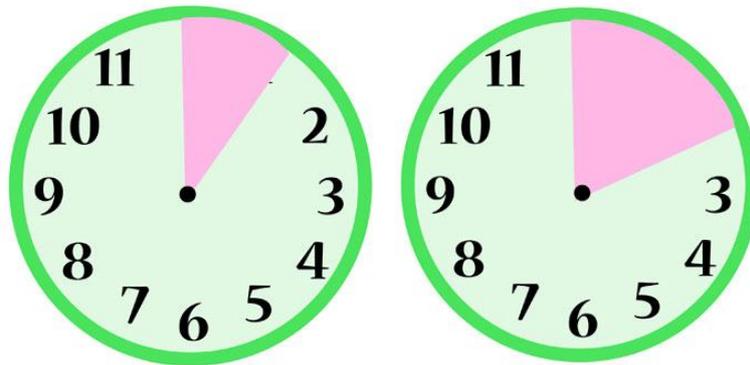


Can I exercise if I am very heavy or unfit ?

Yes. You should start to exercise slowly and build it up gradually.



Start off with 5 minutes walking exercise once or twice a day. Increase to 10 minutes once or twice a day as you get a little fitter.



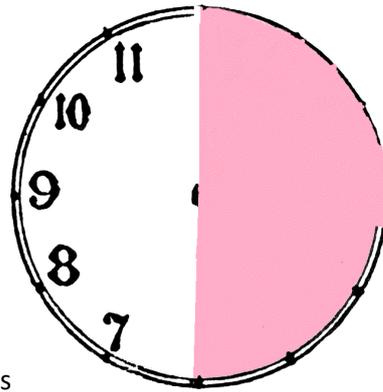
How often should I exercise?

Every day

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

For how long?

At least **30 minutes** every day. This can be in one session or broken up into 3 sessions of 10



minutes

Start off gently

When is the best time to exercises?

You should aim to do exercise when you are not too tired, such as early in the morning or afternoon

It is important also to exercise after your main meal of the day. Perhaps a 10 minute walk immediately after eating, or doing your housework.



Exercises to avoid:

Strenuous exercises should be avoided because you might faint or injure yourself



Should I eat before or after exercise?

A snack before exercise is a good idea. One healthy snack for each 30 minutes of exercise.



Ways to increase your everyday exercise

Take the stairs

Walk in a shopping centre

Walk to the shops

Get off the bus one stop earlier

Walk to school

