

Exercising During Pregnancy

Exercise is safe and encouraged during a normal healthy pregnancy. If you exercised before you became pregnant, you can continue exercising at the same level. If you are just starting an exercise program, talk to your doctor and start slowly. Do not push yourself too hard. Talk to your doctor about what kind of exercises to do. There are some health conditions that may limit your exercise.

General Guidelines

- Drink plenty of water and eat a healthy snack before exercising.
- Wear clothing that is comfortable.
- It is best to exercise for 30 to 45 minutes 3 to 5 times each week.
- You should be able to carry on a conversation during exercise.
- Avoid getting overheated. Do not exercise on very hot or very cold days.
- Avoid any type of exercise that can cause even mild trauma to your stomach.
- You may need to change the type of exercise you do as your stomach gets bigger and your balance changes.
- It is common to feel some mild cramping during exercise. Drink plenty of water and the cramping should stop after you are done exercising.

Exercise Safely

- Warm up and cool down with each exercise session.
- Start slowly.
- Listen to your body. Do not try to push yourself too hard. Stop exercising when you get tired. Do not exercise to the point of exhaustion.
- If you have pain or any unusual signs, stop exercising right away. Rest and call your doctor if these signs do not go away.

妊娠期間的身體運動

正常健康妊娠期間，運動是安全的，並且也鼓勵孕婦運動。如果在懷孕前就運動，懷孕後可繼續保持原來的運動水平。如果是剛開始運動，則要徵求醫生的意見，循序漸進。運動不要過度，具體的運動專案可徵求醫生的意見。有些身體狀況可能對運動會有限制。

一般指導方針

- 運動前足量飲水，吃一點健康零食。
- 穿舒適的衣服。
- 最好每週運動 3 至 5 次，每次 30 至 45 分鐘。
- 運動強度控制在可以一邊運動一邊與人交談。
- 避免過熱。氣溫很高或很低時不要運動。
- 避免任何可能導致腹部哪怕受到輕微傷害的運動。
- 隨著腹部增大和平衡的變化，可能需要改變運動方式。
- 運動中有輕微抽筋是正常的。多喝水，抽筋運動後應該會停止。

安全運動

- 每次運動開始時熱身，結束時放鬆緩和。
- 慢慢地開始。
- 注意身體反應。不要過分透支體力。感到累時就停下來。不要運動到精疲力竭。
- 如果運動時感到疼痛或出現任何異常迹象，立即停止運動去休息。如果這些迹象不消失，打電話給醫生。

- Keep one foot on the floor during all standing exercises, do not over reach and do not do quick, jerky movements. This may throw off your balance.
- **Never hold your breath.**
- Your joints are softer so do not over extend or bend the joints such as deep knee bends or deep squats. Do not do bouncing stretches. Use a longer slow stretch.

Types of Exercise to Do

- Walking is a great exercise. If you were not active before pregnancy, walking may be a good way to start.
- You may use light weights.
- Swimming is a great exercise but do not dive.
- Jog or play tennis only if you did these before your pregnancy.

Exercises to Avoid

- Do not do any exercise where you lie flat on your back after the first 3 months of pregnancy.
- Do not use ankle weights, do double leg lifts or do full sit ups. This strains your back.
- Do not do any activity that may cause jerking, bouncing or high impact movements.
- Do not water ski, snow ski or scuba dive.

Talk to your doctor or nurse if you have any questions or concerns.

- 站立運動時，至少要有一隻腳不離開地面，不要做勉強的動作，不要作急快動作。這樣可能會導致身體失去平衡。
- 不要屏氣。
- 妊娠期間關節變軟，因此不要過度拉伸或彎曲關節，例如深屈膝或深蹲。不要作跳躍伸展。要慢慢伸展身體。

可以採取的運動方式

- 散步是很好的運動方式。如果懷孕前不太運動，散步是開始運動的良好起點。
- 可作輕量的負重鍛煉。
- 游泳是很好的運動方式，但是不要潛水。
- 除非懷孕前就跑運動或打網球，否則不要做。

應避免的運動方式

- 妊娠滿 3 個月後，不要在仰面平躺時作任何運動。
- 不要使用踝沙袋、不要做雙腿跳、不要做全仰臥起坐。這麼做會拉傷背部。
- 不要做任何可能導致急促、蹦跳或高衝擊性動作的運動。
- 不要滑水、滑雪或潛水。

如果有任何疑問或擔心，請諮詢醫生或護士。