



Tips for Safe Physical Activity During Pregnancy



- check with your health care provider before starting or changing your physical activity
- balance physical activity with food and medicine
- start new physical activity slowly
- gently stretch your legs and arms before and after physical activity
- choose gentle activity, like walking
- check blood sugar before and after physical activity
- do activity after a meal or snack
- wear comfortable shoes and loose fitting clothes
- drink plenty of water before, during and after activity
- carry diabetes identification
- carry a form of sugar
- listen to your body
- avoid:
 - activity in very hot, cold or humid weather
 - activities that cause “bearing down,” lying on the back, bouncing or getting up quickly
- stop activity if any pain. Check with your health care provider before continuing.





Taking Care of Yourself by Walking



(See separately packaged visuals.)





Gestational Diabetes — How to Have a Healthy Baby



(See separately packaged visuals.)





Changes I Can Make



I am:

- Thinking about it
- Ready to start
- Doing it now
- Doing it for 6 months

My long-term goal is:

My short-term goal is: (Be specific about what, when, how and where)

I will ask (Who?) _____ for support by helping me in this way:
(Be specific about what they can do to help you)

I will check regularly to see if I reach my goal by:

When I reach my short-term goal my reward will be:

Signature

Date

