

Pregnancy Walking Workout

Before attempting any new exercise routine, you should consult your physician or midwife

	1 st trimester	2 nd trimester	3 rd trimester
<p>Beginner</p> <p>You are new to exercise prior to your pregnancy or a non-exerciser.</p>	<p>Start by walking at an easy pace for up to 30 minutes, three times per week. Make sure you include a day of rest in between.</p>	<p>Begin to increase the intensity of your walk. Pick up the pace and power walk (walking at a fast pace, pumping your arms) for 30 minutes or longer. Do this up to five times per week.</p>	<p>Aim to power walk for the length of time you could during your 2nd trimester. If you find it difficult, cut back on the intensity of your exercise session. Recumbent bikes or swimming are good alternatives. Stick to flat terrain. Try to walk at least as many times per week as you did in the 2nd trimester.</p>
<p>Intermediate</p> <p>You were power walking (walking at a fast pace, pumping your arms) consistently for at least three months prior to pregnancy for 45 minutes or more, three to four times per week.</p>	<p>Continue your pre-pregnancy routine, making sure to include a day of rest.</p>	<p>If everything went well in your first trimester and you're feeling up to it, continue at the same pace and/or increase the frequency to five or more times per week. You may exercise for as long as you are comfortable at each exercise session, up to an hour. Decrease pace if you feel tired.</p>	<p>Continue the 2nd trimester routine if you are still comfortable. Stick to flat terrain. If you need to, decrease mileage, cross train or work out in a pool to maintain your fitness level.</p>
<p>Advanced</p> <p>You were power walking (walking at a fast pace, pumping your arms) consistently for six months or more prior to pregnancy for one hour plus, four to five times per week.</p>	<p>You can continue this routine, but do not overexert yourself.</p>	<p>If everything went well in your 1st trimester and you're feeling up to it, continue at the same pace. For more work, increase your workouts to five to six times per week. Decrease pace, time or frequency if you feel tired.</p>	<p>Continue the 2nd trimester routine if you are still comfortable. Stick to flat terrain. If you need to, decrease time frequency or duration of exercise. Cross training or pool workouts may be more comfortable and will help you to maintain your fitness level.</p>

This information was adapted from Fit to Deliver™