

Exercise and Pregnancy



CONTRA COSTA
HEALTH

Exercise is great for your body and mind, even during pregnancy! You might need to be careful, but it's usually safe to stay active. If you're healthy, exercise can help both you and your baby.

Exercise Can:

- **Help** with back pain and constipation.
- **Lower** your chance of problems like gestational diabetes.
- **Help** you stay at a healthy weight during pregnancy.

Staying active after your baby is born may help lower your risk of postpartum depression.

How to Exercise Safely

Talk to your doctor first. They can check if it's safe for you to exercise. Some health issues, like certain heart or lung problems, carrying twins, or having preeclampsia (high blood pressure), might make exercise unsafe.

If your doctor says it's okay to exercise, these tips can help you get started safely and comfortably:

Pick activities you like. Many exercises are safe during pregnancy, like brisk walking, swimming, stationary cycling (it's safer than a regular bike), and yoga or Pilates. If you were doing more intense workouts, like running, ask your doctor if it's okay to doing them up while you're pregnant.

Avoid risky activities. This includes activities that involve lying on your back and those that could cause you to fall. You should also avoid contact sports, like soccer or basketball.

Make it a habit. Try to get 150 minutes of moderate exercise each week. That's about 30 minutes a day, 5 days a week. But remember, any amount of exercise is better than none!

Drink plenty of water. If it's hot out, move your workout indoors.

Sources: American College of Obstetricians and Gynecologists; Centers for Disease Control and Prevention

Resources and Services for You

We want your feedback. Take our quick survey!



Here in Contra Costa

You can access the following services to help you during your pregnancy journey. If you have questions about pregnancy or your services, call Member Services at **1-877-661-6230** to learn more or get connected to a provider.

Doula Services

A Doula is a birth worker who helps you during pregnancy, birth, and after your baby is born to make your journey easier. They help parents and babies stay healthy.

How can they help?

Doulas can help you:

- Write a birth plan.
- Learn about pregnancy and postpartum.
- Help and support to navigate your care options.
- Connect with community resources.
- Offer physical and emotional support during labor, birth, and after.
- With breastfeeding.

How to get a doula:

- Scan the QR code to learn more and find a doula that works with CCHP.
- Or call Member Services at **877-661-6230**.



Women, Infants, and Children (WIC)

WIC helps those who are pregnant, have recently given birth, or have experienced pregnancy loss. They also helps infants and children up to age five (5). **WIC gives nutrition tips, breastfeeding support, and access to healthy foods.** They also refer to health and community services. For more information or to apply, scan the code below.



Healthy Start

Healthy Start helps pregnant individuals get the care they need for a healthy baby. Healthy Start is with you through every step of the journey. With Healthy Start, you will get pregnancy tests, screenings, prenatal vitamins, education, and more.

Call to get started:

- **Pittsburg Healthy Start: 925-431-2345**
- **Martinez Healthy Start: 925-370-5495**
- **West County Healthy Start: 510-231-9469**

Food as Medicine (FAM) Pregnancy Group

Food as Medicine (FAM) is a program for pregnant, CCHP Medi-Cal members with diabetes or a Body Mass Index (BMI) over 30. The group meets online once a week. You can meet others and learn healthy tips from a doctor. **You'll also get free groceries to help you cook healthy meals that fit your needs.**

Ask your provider for a referral to the program.

Exercise Videos

Below are some exercise videos to follow along at home. Scan the codes with your phone's camera to begin exercising! Remember to check with your doctor before trying something new.

First Trimester:



Second Trimester:



Third Trimester:



Health Education

Get access to more **health tips, exercise and recipes ideas, and more related to pregnancy** by visiting healthd.cchealth.org or scanning the QR code below.

