



Ten Myths About Pregnancy & Exercise

1. You can't exercise during pregnancy.
 - **Yes you can!**
 - Activities may need to be modified but it's important to continue to make exercise a healthy part of your lifestyle during pregnancy.
 - Exercise... healthy for you, healthy for baby.
 - Remember to drink water before, during and after exercise
2. "No pain, no gain."
 - **Incorrect! It can also lead to injury and an unpleasant exercise experience!**
 - Exercising during pregnancy should be comfortable and enjoyable.
 - Listen to your body- if you experience pain or discomfort consult your healthcare provider
3. I can continue to do my regular sports and exercises while I am pregnant.
 - **Keep active but stay safe!**
 - Some things should be avoided; scuba diving, contact sports, downhill skiing
 - Remember hormonal changes can make the joints in your body more flexible- avoid jerky, ballistic movements and overstretching
4. I have no time to exercise.
 - **It all adds up!**
 - Break your exercise into several smaller periods of time throughout the day instead of one long session.
 - This makes it easier to fit into your busy day
5. Exercise is expensive.
 - **It doesn't have to be!**
 - Be creative; go for a walk outside, steps outside, use water bottles for weights or a towel to help with stretching.
 - Choose healthy options during the day when possible e.g. take the stairs instead of the elevator, walk to the store instead of driving
6. I don't need to do Kegels
 - **Leaking of urine can happen to anyone!**
 - Changes with pregnancy may lead to leaking of urine (incontinence)
 - Kegels can make a difference- fit them in every day
7. Sit ups are a good exercise during pregnancy
 - **Think again!**
 - Sit ups can put pressure on your abdominal muscles and are hard on your back
 - Transversus Abdominals and Kegels will help to protect your back and pelvic region (remember physio visit??!!)
8. I can wear my old bras when exercising and any footwear will do!



Comox Valley Midwifery

Comox Valley Midwifery
343 Third Street
Courtenay
BC, V9N 1E3
250-338-4810

- **You need to wear a well fitted supportive bra to prevent back pain! The same goes for shoes.**
 - As your breasts grow and become heavier, correct support given by a well fitted supportive bra can reduce back pain and improve posture
 - Running shoes help to support the arches in your feet and your back.
 - This can help to make exercise more comfortable.
9. The more I exercise, the better!
- **Balance is the key!**
 - Listen to your body. You need a balance between activity and rest.
 - Relaxation, gentle stretches and breathing exercises are also a part of exercise and fitness!
10. Exercise Excuses: I can't exercise because:
- I am not sporty
 - I have small children/I work full time
 - It's boring
 - I hate the gym

Excuses, Excuses, Excuses!

It's about being active and finding something **you** like to do! Exercise with a friend, push your stroller, use community centre child care, listen to music, walk on your lunch breaks.