

Physical Activity

Physical activity is very important for a healthy mom and a healthy baby.

- Pregnant women are encouraged to engage in at least 150 minutes of moderate-intensity physical activity per week, during and after pregnancy. Try 30 minutes a day for 5 days a week.
- If being physically active for 30 minutes at one time is not possible in your schedule, you can split up the time into three 10-minute intervals.
- Walking, swimming and low-impact group fitness classes are all examples of moderate physical activity. Choose activities you like.
- Do not exercise on your back after the first trimester. This can limit blood flow to the baby.
- Avoid activities that could cause a fall or an injury, like skiing, horseback riding, or contact sports.

Check with your health care provider about what physical activities are best for you throughout your pregnancy.



SOUTH DAKOTA
DEPARTMENT OF HEALTH

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I didn't
KNOW!
MY WEIGHT
matters

Weight gain goals for your pregnancy will help to keep you healthy during and after your pregnancy, and are best for your baby's growth and development.

How Much Weight Should You Gain During Pregnancy?

How much weight you gain during pregnancy depends on your weight before pregnancy.

| Pre-pregnancy Weight | BMI | Recommended Weight Gain |
|----------------------|-----------|-------------------------|
| Underweight | <18.5 | 28-40 pounds |
| Normal Weight | 18.5-24.9 | 25-35 pounds |
| Overweight | 25-29.9 | 15-25 pounds |
| Obese | >30.0 | 11-20 pounds |

As a general rule, most women gain 2 to 5 pounds in the first trimester. After that, aim for one pound per week. Talk to your health care provider about which weight gain range is best for you.

Too much or too little weight gain may cause health problems for mother and baby.

Too Little?

When you do not gain enough weight you risk:

- Having a low-birth weight baby which increases the baby's risk for health issues such as developmental problems, other serious illnesses or even death.
- That your baby and you may not get enough nutrition to be healthy.

Too Much?

When you gain too much weight you risk:

- A difficult delivery for your baby.
- Increased risk of c-section.
- Having a large baby which increases the baby's risk of long term health issues such as heart disease, diabetes, and obesity.
- Increased high blood sugars and high blood pressure during your pregnancy.
- Difficulties with weight loss after you have the baby.

What Should You Eat?

Always remember that you are eating to nourish you and your baby.

- To give your baby the best possible start in life, make smart food choices.
- Limit foods such as candy, cookies, cake, pie, soda and coffee. These foods do not contain all the nutrients necessary for you and your baby.
- Think variety! Try to include fruits and vegetables of different colors.
- Try 100% whole wheat breads, pastas and tortillas for added fiber and vitamins.
- Choose reduced fat milk and dairy to get the needed calcium and vitamin D, but less fat.

Being pregnant is a great time to make healthy food choices for you and your baby – he/she will thank you!

Visit www.IDidntKnowSD.com for more information.