



“Getting ready for my baby — **one step at a time.**”



Physical activity is safe and healthy — for you and your baby.

- ✓ Boosts your energy
- ✓ Helps you sleep better
- ✓ Makes labor shorter — and recovery easier

Everyone needs a mix of physical activity to stay healthy — and you need the same mix during and after pregnancy.

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.

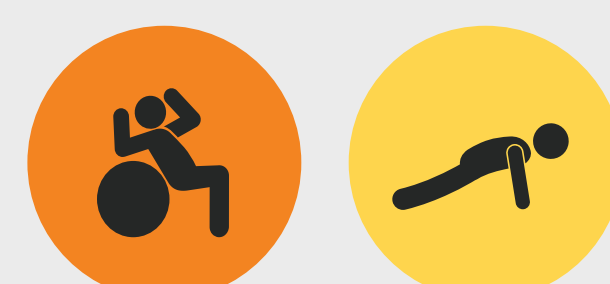
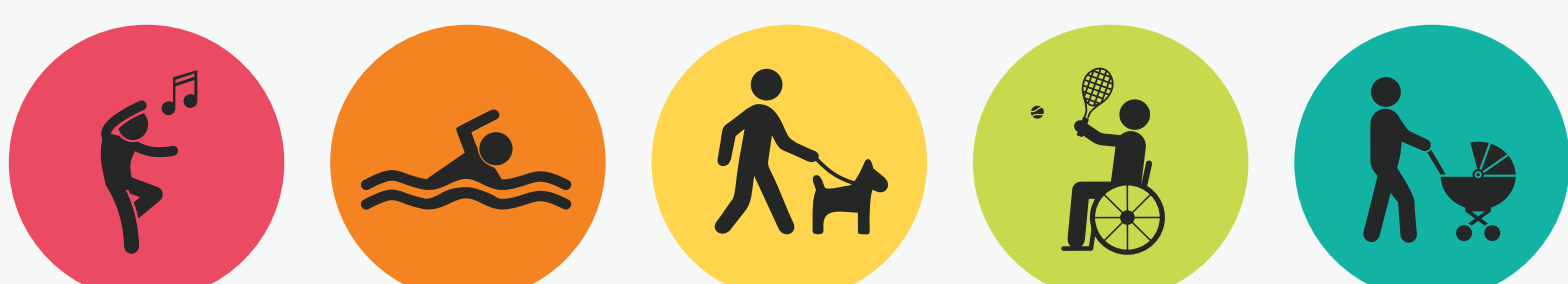
at least
150
minutes
a week

AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

at least
2
days
a week



Walk. Run. Dance. Play. What's **your** move?

health.gov/MoveYourWay

