

SAFE EXERCISES FOR EACH TRIMESTER

(Without Overthinking It)

An easy-to-follow guide to staying active during pregnancy
without stress, confusion, or pressure.



Medically approved by:

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WHY MOVEMENT MATTERS

(But Should Not Feel Complicated)

Staying active during pregnancy supports your body and overall well-being. It can help reduce aches, improve circulation, and support better sleep.



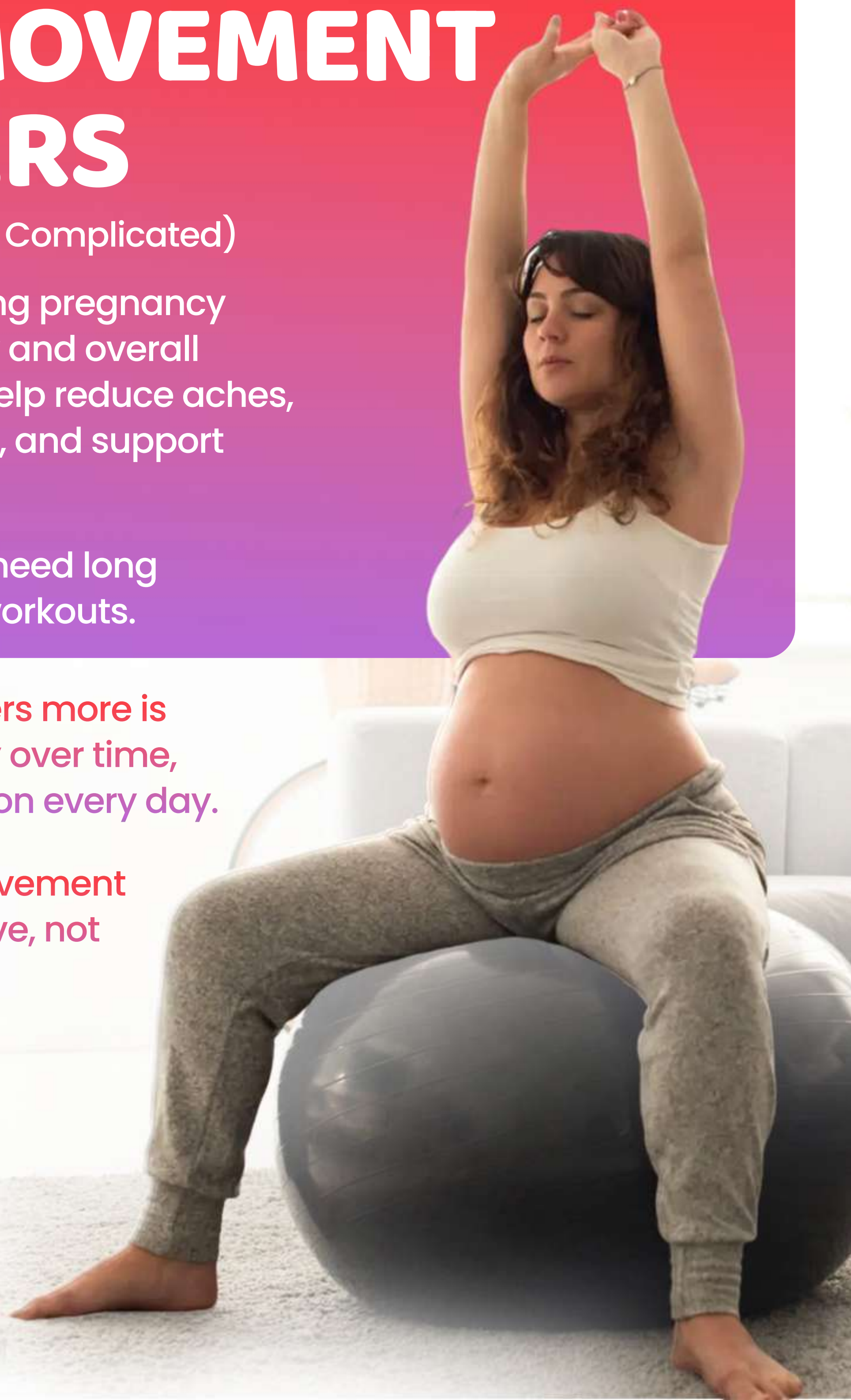
You do not need long or intense workouts.



What matters more is consistency over time, not perfection every day.



Think of movement as supportive, not stressful.



THE BEST APPROACH TO STAYING ACTIVE

Instead of strict routines, focus on balance:

Include a mix of:



Light cardio for
circulation



Stretching for
flexibility



Breathing
exercises for
relaxation



Gentle
strength for
support

If your movement feels comfortable and manageable, you are already doing well.



WHAT YOUR BODY ACTUALLY NEEDS

During pregnancy, movement should support:



Circulation to
reduce swelling



Muscle strength to
support posture



Flexibility to
ease stiffness

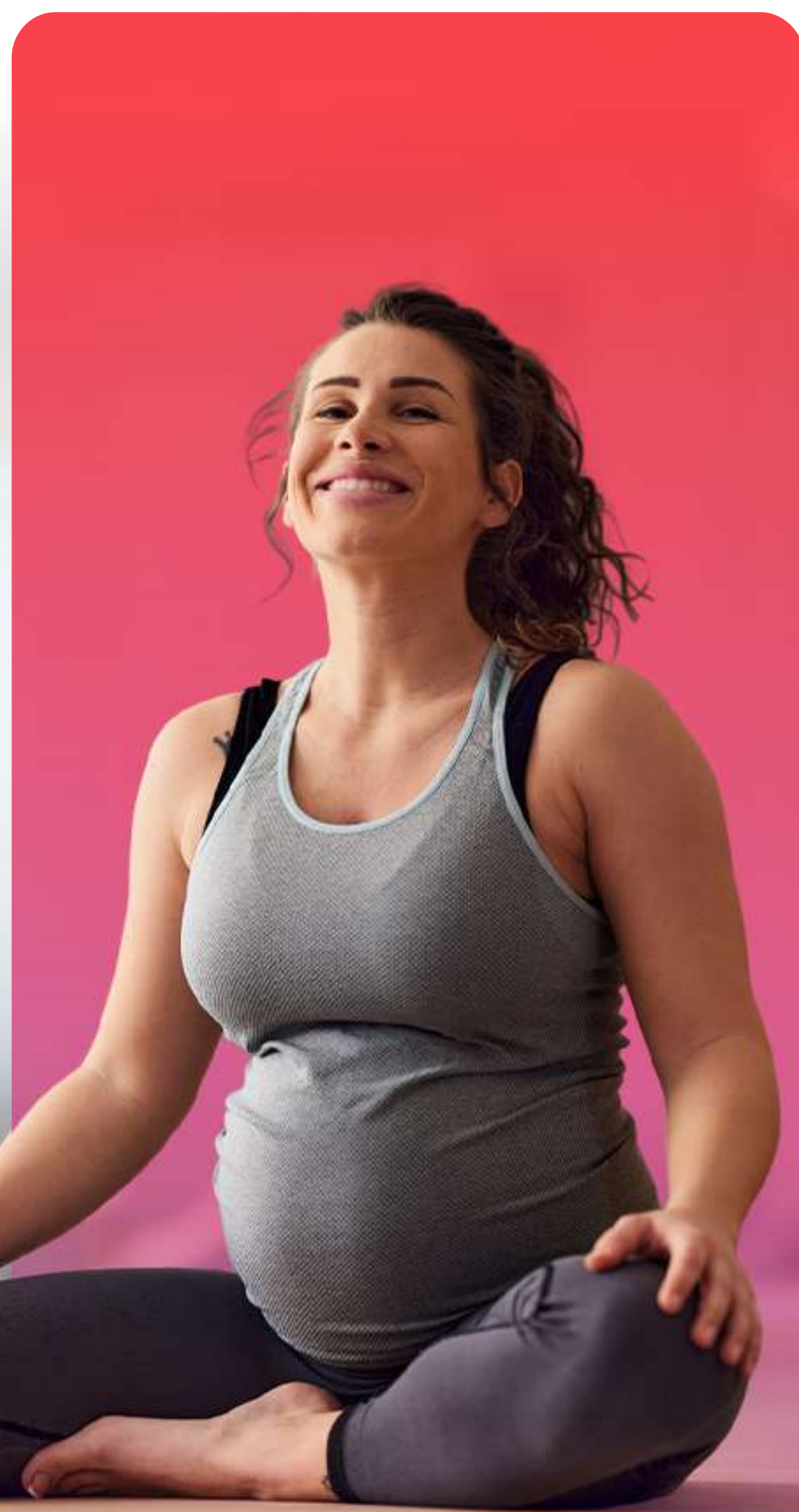


Relaxation to
manage stress



TIPS

You do not need to follow a perfect routine. Gentle, regular movement is enough.



FIRST TRIMESTER: KEEP IT GENTLE

Energy levels may feel low, so lighter activity works best.

Safe options:

WEEKS 1-12



Walking at a comfortable pace



Light stretching



Prenatal yoga



Breathing exercises



TIPS

Listen to your body. Rest when needed and avoid pushing through fatigue.

SECOND TRIMESTER: BUILD STRENGTH AND STABILITY

You may feel more energetic during this phase, making it easier to stay active.

Safe options:



Brisk walking



Light strength exercises



Prenatal yoga or Pilates



Swimming



TIPS

Focus on steady, controlled movements rather than intensity.

THIRD TRIMESTER: FOCUS ON COMFORT

As your body changes, movement should feel supportive and safe.

Safe options:



Slow walking



Pelvic floor exercises



Gentle stretching



Relaxation-
focused yoga

WEEKS 28-40



TIPS

Avoid movements that strain your back or affect balance.



SIMPLE STRENGTH THAT SUPPORTS YOU

Gentle strength exercises can help support your body during pregnancy and recovery later.



Light strength
exercises



Back support



Core stability
(pregnancy-safe)



Pelvic floor
exercises



TIPS

Slow, controlled movements are more effective than intense workouts.

WHAT TO AVOID (WITHOUT FEAR)

Gentle strength exercises can help support your body during pregnancy and recovery later.



TIPS

When unsure, choose low-impact and safer alternatives.

HYDRATION AND REST MATTER TOO

Exercise works best when balanced with hydration and rest.

Make sure to:

Drink water regularly

Take breaks when needed

Avoid overheating

Wear comfortable clothing



TIPS

If you feel dizzy, breathless, or uncomfortable, pause and rest.



KEY TAKEAWAYS

- You do not need intense workouts, just regular gentle movement
- Adjust your activity based on each trimester
- Focus on comfort, safety, and how your body feels
- Stay hydrated and allow time for rest
- Keep things simple. Movement should support you, not stress you



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