



Niitty – Developing a Peer-based Family
Training Model for Immigrants

EXERCISE DURING PREGNANCY AND BREASTFEEDING

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REASONS TO EXERCISE DURING PREGNANCY

- Keeps weight gain in control and prevents constipation
- Helps prevent gestational diabetes and other pregnancy-related complications
- Helps prevent back trouble
- Reduces swelling of the feet and varicose veins
- Speeds up recovery from labour
- Increases energy and well-being and improves the quality of sleep
- Reduces the mother and child's risk of diseases later in life



SUITABLE TYPES OF EXERCISE



- You can exercise outdoors all year round.
- Dancing, swimming, playing outside with the children and brisk walking are excellent forms of exercise.



**FUNCTIONAL EXERCISE –
EVERYDAY ACTIVITIES THAT PROMOTE WELL-BEING,
SUCH AS CLEANING**

- Move outdoors daily
- Take the stairs whenever possible
- Walk to the shop and to work
- Using public transport also gives you more exercise





**IT IS RECOMMENDED YOU MOVE ABOUT
BRISKLY FOR AT LEAST 2 H 30 MINS A
WEEK, DIVIDED OVER SEVERAL DAYS**



OBSERVATIONS ABOUT EXERCISE DURING PREGNANCY

- Talk about your exercising habits at the maternity clinic.
- Many sports are safe during pregnancy.
- Exercise is safe as long as the pregnant woman is generally healthy and her pregnancy has progressed without any problems.
- If you have not exercised before your pregnancy it is best to start calmly and not overexert yourself.

YOU SHOULD START STRENGTHENING YOUR PELVIC FLOOR MUSCLES DURING YOUR PREGNANCY AT THE LATEST!





Avoid exercises that require you to lie on your stomach and, after week 16 of the pregnancy, also exercises where you lie on your back.

Avoid forms of exercise that include a lot of jumping or vibration or the danger of falling or being hit.



**IF YOU EXPERIENCE ANY ATYPICAL
SENSATIONS RESULTING FROM EXERCISE,
STOP EXERCISING AND CONTACT YOUR
MATERNITY CLINIC.**



Niitty Project 2018–2020

<https://projects.tuni.fi/niitty/>

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Photographs: www.pixabay.com

