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Good news: You can safely start an exercise program during pregnancy even if you've been an avid couch potato until now. If you were sedentary before you became

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The American College of Obstetrics and Gynecology Avoid aerobic exercise during pregnancy Consult your health care provider before beginning an exercise program.

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should be evaluated before prescribing an exercise program. American College of Obstetricians and American Congress of Obstetricians and Gynecologists

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Having pregnancy exercise If you have been following a regular exercise program prior to your pregnancy, The American College of Obstetricians

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talk to your health care provider about when to start an exercise program. American College of Obstetricians and Gynecologists. Exercise during pregnancy

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