

# Exercise Guidelines for Prenatal Fitness

Date: \_\_\_\_\_

Dear [Recipient's Name],

Congratulations on your pregnancy! Staying active during this time can be beneficial for both you and your baby. Below are some exercise guidelines to help you maintain a healthy lifestyle:

## General Guidelines

- Consult with your healthcare provider before starting any exercise program.
- Aim for at least 150 minutes of moderate-intensity exercise each week.
- Stay hydrated and listen to your body; rest if you feel fatigued or unwell.

## Recommended Activities

- Walking
- Swimming
- Yoga and Pilates (modified for pregnancy)
- Stationary cycling

## Activities to Avoid

- Contact sports
- High-impact exercises
- Activities with a risk of falling
- Exhausting workouts or any activity that makes you feel uncomfortable

If you have any questions or need further assistance, please don't hesitate to reach out.

Wishing you a healthy and joyful pregnancy!

Best regards,

[Your Name]

[Your Title/Organization]

[Contact Information]