

Dear [Patient's Name],

Congratulations on your pregnancy! As part of your prenatal care, we encourage you to engage in regular exercise to promote your health and well-being during this exciting time.

Exercise Recommendations:

- **Walking:** Aim for at least 30 minutes a day, most days of the week.
- **Swimming:** A great low-impact option, try to swim 2-3 times a week.
- **Prenatal Yoga:** Consider joining a prenatal yoga class to improve flexibility and relaxation.
- **Strength Training:** Light weights or resistance bands, 2-3 times a week, focusing on major muscle groups.

Important Notes:

- Always consult with your healthcare provider before starting any new exercise regimen.
- Listen to your body and avoid any activities that cause discomfort.
- Stay hydrated and avoid overheating during workouts.

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

Best wishes for a healthy and joyful pregnancy!

Sincerely,
[Your Name]
[Your Title]
[Your Contact Information]