

Exercising During Pregnancy

Exercise is safe and encouraged during a normal healthy pregnancy. If you exercised before you became pregnant, you can continue exercising at the same level. If you are just starting an exercise program, talk to your doctor and start slowly. Do not push yourself too hard. Talk to your doctor about what kind of exercises to do. There are some health conditions that may limit your exercise.

General Guidelines

- Drink plenty of water and eat a healthy snack before exercising.
- Wear clothing that is comfortable.
- It is best to exercise for 30 to 45 minutes 3 to 5 times each week.
- You should be able to carry on a conversation during exercise.
- Avoid getting overheated. Do not exercise on very hot or very cold days.
- Avoid any type of exercise that can cause even mild trauma to your stomach.
- You may need to change the type of exercise you do as your stomach gets bigger and your balance changes.
- It is common to feel some mild cramping during exercise. Drink plenty of water and the cramping should stop after you are done exercising.

Exercise Safely

- Warm up and cool down with each exercise session.
- Start slowly.
- Listen to your body. Do not try to push yourself too hard. Stop exercising when you get tired. Do not exercise to the point of exhaustion.
- If you have pain or any unusual signs, stop exercising right away. Rest and call your doctor if these signs do not go away.

Jimicsiga Xilliga Uurka

Jimicsigu waa kuu amaan waxana lagu dhiirrinayaa xilliga uurka caadi ah ee caafimaad leh. Haddii aad jimicsi sameyn jirtay ka hor uurka, waxa aad jimicsiga ku sii wadi kartaa isla heerkii hore. Haddii aad imminka bilaabaysid barnaamij jimicsi, la hadal dhakhtarkaaga oo si tartiib ah u bilaw. Si weyn ha isku kalifin. Dhakhtarkaaga kala hadal noocyada jimicsi ee aad sameyn lahayd. Waxa jira xoogaa ah xaalado caafimaad oo xadeyn kara jimicsigaaga.

Tilmaamaha Guud

- Cab biyo badan oo cun cunto fudud oo caafimaad leh ka hor jimicsiga.
- Xidho dhar nafis ah.
- Waxa fiican inaad jimicsi sameysid mudo ah 30 ilaa 45 daqiiqadood 3 ilaa 5 jeer todobaadkii.
- Waa inaad awoodid inaad sheekaysid wakhtiga jimicsiga.
- Iska ilaali inaad si weyn u kululaatid. Ha sameyn jimicsi maalmo aad u kulul ama aad u qabow.
- Iska ilaali nooc jimicsi oo xiitaa xanuun ama qas khafiif ah galin kara calooshaada.
- Waxa laga yaabaa inaad u baahatid inaad beddeshid nooca jimicsiga marka ay sii weynaato calooshaadu oo miisaankaagu is beddelo.
- Waa caadi inaad dareentid xoogaa ah maroojis inta aad ku jirtid jimicsiga. Cab biyo badan waaana in maroojisku is taago ka dib marka aad dhameysid jimicsiga.

Si Amaan ah u Samee Jimicsi

- Is kululee ka hor bilaabista jimicsi kasta marka aad dhameysidna is qabooji.
- Si tartiib ah u bilaw.
- Dhageyso jidhkaaga. Ha isku dayin inaad si weyn isu kaliftid. Jooji jimicsiga marka aad daashid. Ha sameyn jimicsi ilaa aad tacbaan ka noqonaysid.
- Haddii aad isku aragtid xanuun ama calaamado aan caadi ahayn, isla markiiba jooji jimicsiga. Naso oo wac dhakhtarkaaga haddii calaamadahaasi kaa tagi waayaan.

- Keep one foot on the floor during all standing exercises, do not over reach and do not do quick, jerky movements. This may throw off your balance.
- **Never hold your breath.**
- Your joints are softer so do not over extend or bend the joints such as deep knee bends or deep squats. Do not do bouncing stretches. Use a longer slow stretch.

Types of Exercise to Do

- Walking is a great exercise. If you were not active before pregnancy, walking may be a good way to start.
- You may use light weights.
- Swimming is a great exercise but do not dive.
- Jog or play tennis only if you did these before your pregnancy.

Exercises to Avoid

- Do not do any exercise where you lie flat on your back after the first 3 months of pregnancy.
- Do not use ankle weights, do double leg lifts or do full sit ups. This strains your back.
- Do not do any activity that may cause jerking, bouncing or high impact movements.
- Do not water ski, snow ski or scuba dive.

Talk to your doctor or nurse if you have any questions or concerns.

- Hal cag ku hay dhulka inta aad ku jirtid jimicsiyada istaagga ah oo dhan, meel fog ha tiigsan hana sameyn dhaqdhaqaaq dhakhso ah, oo dhufasho ah. Waxa dhici kartaa in dhaqaaqa noocaasoo kale ahi ku rido.
- **Marna ha isku xejin neefta.**
- Xilligan xaglahaagu way ka jilicsan yihiin intii hore sidaa daraadeed ha dheerayn tiigsiga hana laabin xaglaha sida marka aad sameynaysid laabis xaglo oo xoog leh ama kadaloob xoog leh. Ha sameyn iskala-bixinta boodboodka ah. Samee iskala-bixin dheer oo tartiib ah.

Noocyada Jimicsiga ee la Sameeyo

- Socodku waa jimicsi fiican. Haddii aanad firfircoonayn uurka ka hor, socodku waxa uu noqon karaa hab fiican oo aad ku bilawdid jimicsi.
- Waxa aad isticmaali kartaa culaysyo la qaado oo khafiif ah.
- Dabaashu waa jimicsi fiican laakiin ha quusin.
- Guclee ama ciyaar tennis haddii aad sameyn jirtay ka hor uurkaaga.

Jimicsiyada la Iska Ilaaliyo

- Ha sameyn wax jimicsi ah oo keenaya inaad si fidsan ugu jiifsatid dhabarkaaga ka dib 3-da bilood ee ugu horeeya uurkaaga.
- Ha isticmaalin culaysyada kuraanta ama canqowga, samee qaadista ah labada lugoodba ama fadhiisi buuxa. Taasi waxay dhibaysaa dhabarkaaga.
- Ha sameyn wax ah hawl oo keeni karta dhufasho, boodbood ama dhaqdhaqaaq leh dhul-dhac xoog leh.
- Ha sameyn silbashada biyaha, silbashada barafka ama quusidda dhuunta la isticmaalo.

La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabtid wax su'aalo ama walaac ah.

11/2007. Developed through a partnership of Mount Carmel Health, Ohio State University Medical Center, and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at www.healthinfotranslations.org.