“Getting ready for my baby — one step at a time.”

Physical activity is safe and healthy — for you and your baby.

✓ Boosts your energy
✓ Helps you sleep better
✓ Makes labor shorter — and recovery easier

Everyone needs a mix of physical activity to stay healthy — and you need the same mix during and after pregnancy.

**Moderate-intensity aerobic activity**
Anything that gets your heart beating faster counts.

- at least 150 minutes a week

**Muscle-strengthening activity**
Do activities that make your muscles work harder than usual.

- at least 2 days a week

Walk. Run. Dance. Play. What’s your move?
health.gov/MoveYourWay