

## Exercises You Should Avoid While Pregnant

The first thing you need to understand is that not every exercise or sport is safe to do when you are pregnant. Some activities pose too much of a threat to the wellbeing of you and your child and should be avoided at all costs.

The following is a list of exercises and activities you should avoid while pregnant:

1. Avoid any activities that have a high risk of falling. This includes horseback riding, gymnastics, vigorous racquet sports, downhill skiing, and water skiing.
2. Avoid any contact sports or activities that could cause any trauma to the abdominal area. These activities include kickboxing, soccer, ice hockey, baseball, softball, and basketball.
3. Avoid scuba diving while you are pregnant. The increasing pressure as you dive can pose great risk to you and your baby. It can cause miscarriage, preterm (premature) labor, poor fetal growth and birth defects.
4. After the first trimester you should avoid doing exercises which require you to lie on your back, such as sit-ups. You should also avoid exercises that require an extended period of motionless standing. Both of these forms of exercise reduce the amount of blood flow to the uterus and cause your heart rate to drop.
5. Avoid exercising at high altitudes that exceed over 6,000 feet. This can reduce the amount of oxygen your baby receives.
6. It's best to avoid weight training after the first trimester. Like back exercises, weight training decreases the amount of blood flow to the uterus and kidneys, and reduces the amount of oxygenated blood your body and your baby receive.
7. Avoid high impact movements, as well as jerking, bouncing and twisting. A pregnant woman's joints become looser as her body prepares for birth, so these movements can lead to strained joints, making them more susceptible to injury.
8. Avoid becoming overheated, especially when you are in your first trimester. And do not exercise on hot, humid days. When your body temperature rises too high, it is harmful to your developing baby.
9. Avoid hot tubs, saunas and hot bath water when you are pregnant. While all of these things can relax your muscles, excessive heat can be harmful to both you and your unborn child.