



Exercise and Pregnancy

Many studies show that physical inactivity during pregnancy reduces fitness levels and may increase the maternal and foetal risk for health conditions such as diabetes. Aerobic and strength type exercise performed at low to moderate intensity during pregnancy is safe and efficacious, and appears to improve several aspects of foetal and maternal health. Nowadays, exercise classes for pregnant women such as yoga and Pilates have become more popular, which aims to improve delivery and health condition for mother and baby.



In Hong Kong



Traditionally in Hong Kong, it has been recommended to avoid PA during pregnancy. A study on pregnant women in Hong Kong (2015) showed that only 5% of women who exercised before pregnancy exercised at the recommended level during pregnancy, even though 69% of the women believe that moderate-intensity exercise once or twice per week is safe.

Why Can Exercise Help?



Studies show that exercise can maintain physical conditioning required for labour and motherhood. It can also reduce the risk of diabetes, gestational obesity, pre-eclampsia and pregnancy-induced hypertension. In addition, exercise can prevent pregnancy ailments and musculoskeletal conditions such as back pain and constipation.

Exercise Recommendations

Aerobic Exercise



Be active on all days of the week but aim for at least three days a week



Accumulate 30 minutes or more of moderate exercise per day and at least 150 minutes of physical activity per week



Any continuous rhythmic physical activity that makes your heart beat faster

Resistance Training



Do resistance training at least two times per week



Exercise at a light to moderate intensity, with consistent breathing



Target to do 1 Set of up to 12 Reps of major muscle group exercises



Exercise all major muscle groups using free weights, resistance bands or machines

A combination of aerobic and resistance training leads to to the BEST health outcomes

Tips for Getting Started

- Avoid exercise which include lying on your back for long periods of time. Change your position if you feel unwell while lying on your back.
- Exercises like Kegels help train and strengthen the muscles of your pelvic floor to support your pelvic organs and prevent accidentally peeing.
- Water exercise may be a good option if you have low back pain during your pregnancy.

References

- 1) Artal, R., & O'toole, M. (2003). Guidelines of the American College of Obstetricians and Gynecologists for exercise during pregnancy and the postpartum period. *British journal of sports medicine*, 37(1), 6-12.
- 2) American College of Obstetricians and Gynecologists, & Committee on Obstetric Practice. (2015). Physical activity and exercise during pregnancy and the postpartum period. *Obstet Gynecol*, 126(6), e135-142.
- 3) O'Connor, P. J., Poudevigne, M. S., Cress, M. E., Motl, R. W., & Clapp, J. F. (2011). Safety and efficacy of supervised strength training adopted in pregnancy. *Journal of Physical Activity and Health*, 8(3), 309-320.
- 4) Law, J. Y. P., Lee, C. N., & Tai, C. M. (2015). Perception of Chinese Pregnant Women of Weight, Obesity and Exercise, and Their Exercise Habits during Pregnancy. *Hong Kong J Gynaecol Obstet Midwifery*, 15(2), 106-23.



懷孕期運動

大量研究指出，懷孕期間缺乏運動，會削弱體適能水平，並且可能增加孕婦及胎兒患糖尿病等風險。在懷孕期間低至中強度帶氧運動是安全的，適當運動可以改善孕婦和胎兒的健康狀況。同時，在懷孕期間，參加由合資格教練監督下進行的阻力訓練，對孕婦而言，既有效。又安全。



本地情況



傳統認為懷孕婦女不應運動，近年來因相關知識普及，了解到運動的重要性及其帶來的好處。另一方面，瑜伽，普拉提等孕婦健身課程越來越受歡迎，這有助於她們獲得更好的分娩和健康狀況。

運動怎麼可改善？



研究顯示，運動可以維持懷孕期間孕婦的體適能和生育所需的身體條件。而且他可以降低患糖尿病妊娠肥胖，先兆子癇和妊娠高血壓的風險。此外運動可以預防在懷孕期間患病和肌肉骨骼問題，例如背痛和便秘，運動更可加強自尊，心理健康和自我形象。

運動建議

有氧運動



每週運動次數：每週三至七天



運動時間：每天30分運動並累積每周至少進行150分運動。



運動強度：低至中強度



運動模式：任何有節奏連續性的活動例如散步和慢跑等。

阻力訓練



每週運動次數：每周至少進行兩天非連續日的阻力訓練



每次運動時間：從低強度開始逐步增加至中強度



運動強度：訓練目標是每次進行一組，每組12次的訓練



運動模式：選擇器械方式進行大肌肉群訓練

結合帶氧訓練及阻力訓練能最有效提升整體健康

開始時注意事項

- 緩慢，低強度簡單運動開始並制定運動計劃，以保持運動習慣。
- 如懷孕期間出現腰背痛，可選擇水中健體。避免可能跌倒或有身體接觸的運動包括：籃球，踏單車，排球等。
- 在鍛煉腹部或進行阻力訓練時，應避免長時間仰臥如需要可選擇斜板上運動。確保足夠卡路里及水份的攝取。

參考資料

- 1) Artal, R., & O'toole, M. (2003). Guidelines of the American College of Obstetricians and Gynecologists for exercise during pregnancy and the postpartum period. *British journal of sports medicine*, 37(1), 6-12.
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