

Walking and Pregnancy

Walking can promote a healthy pregnancy weight

Walking can help ease back pain

Walking can help you relax and sleep better

Walking is a natural way to prevent constipation

7 Great reasons to walk

Strong muscles and a fit heart can help your labour and delivery

Walking improves your circulation, resulting in more nutrients getting to your growing baby

Walking improves your breathing, giving more oxygen to your growing baby

Before you start walking, take a little time to stretch your muscles.

- Hold onto something for support and rotate each ankle several times.
- Roll your shoulders forward, together several times. Roll your shoulders backwards.
- Take a deep breath, raise your arms over your head and stretch up as far as you can. Lower your arms and breathe out.
- Hold onto something for support, stretch your calves and gently shake out each leg.
- Jiggle your arms. Now, you're ready for a walk.

Make it more fun by taking a walking buddy with you. Take your child, your partner or a friend for company and conversation.

Want to learn more about nutrition, health and your developing baby?

Find out about a Healthy Baby program or Canada Prenatal Nutrition Program in your area. Call 945-1301 or toll-free at 1-888-848-0140. If you live in a First Nation community, call 983-4199 and ask about federal programs.



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