

Pregnancy Workout

Aerobic

Aerobic or cardio exercise is recommended for pregnant women at 150 to 300 minutes per week (Physical Activity Guidelines for Americans, 2018). The exercise should not be too hard. Maintain the ability to pass the “Talk Test,” meaning you can talk during the activity. During pregnancy, hormones can cause your joints to change, so it's best to focus on low-impact or non-jumping exercises. Avoid exercises during pregnancy that require lying flat on your back and those that may cause you to lose your balance, fall, or cause abdominal trauma.



March

Stand with feet hip-width apart. Lift your left knee even with your hips. Actively place your left foot back on the floor and repeat on the right side. Continue marching in place or take forward or backward steps with each march for added movement. Repeat activity for 1 to 5 minutes.



Side Step with Heel Kick

Stand with feet slightly wider than hip width apart. Shift your weight to your right foot while lifting your left foot off the floor and kicking your heel up towards your backside. Actively place your left foot back on the floor, shift your weight onto your left foot, and repeat the heel kick with your right foot. For additional activity, add movement in your arms in a forward and backward motion with each step. Repeat activity for 1 to 5 minutes.



Low Impact Jumping Jack

Stand with feet hip-width apart. Raise both of your arms out to the side, then above your head. While moving your arms, shift your weight to your left foot and kick your right foot out to the side. Actively lower your arms and bring your right leg back to the floor. Repeat with both arms and with kicking your left foot out to the side. This is one full cycle of a low-impact jumping jack. Repeat activity for 1 to 5 minutes.

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Skier

Stand with feet hip-width apart. Step your right foot behind and slightly past your left foot. Lower your hips until you are in a lunge position. Keep your left knee behind your left toes. Try to lower your hips so that you can tap your fingers on the top of your shoe. Push through your left heel and bring your right foot back into standing position. Repeat on the opposite side. Continue alternating sides for 1 to 5 minutes



Stationary Lunge Pulse

Stand with feet hip-width apart. Step your left foot forward so that your feet are about 3 feet apart. Place your weight in your left heel and lower your hips until your left thigh is parallel to the floor and your right knee is hovering just above the ground. Push into your left heel as you raise your hips back up, keeping your weight in your left heel (not your toes) for 1 to 2 minutes. Repeat on the opposite side.

Participating in this activity is purely voluntary. If you are not regularly active, it is recommended to consult with a physician before starting physical activity.

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