ACOG GUIDELINES 2015

1.) Absolute Contraindications to Aerobic Exercise During Pregnancy

- Hemodynamically significant heart disease
- Restrictive lung disease
- Incompetent cervix/cerclage
- Multiple gestation at risk for premature labor
- Persistent second or third trimester bleeding
- Placenta previa after 26 weeks gestation
- Premature labor during the current pregnancy
- Ruptured membranes
- Pregnancy induced hypertension

2.) Relative contraindications to aerobic exercise during pregnancy

- Anemia
- Unevaluated maternal cardiac arrhythmia
- Chronic bronchitis
- Poorly controlled type I diabetes
- Extreme morbid obesity
- Extreme underweight (body mass index <12)
- History of extremely sedentary lifestyle
- Intrauterine growth restriction in current pregnancy
- Poorly controlled hypertension/pre-eclampsia
- Orthopedic limitations
- Poorly controlled seizure disorder
- Poorly controlled thyroid disease
- Heavy smoker

3.) Examples of Safe and Unsafe Physical Activities During Pregnancy

The following activities are safe to initiate or continue*:

- Walking
- Swimming
- Stationary cycling
- Low-impact aerobics

- Yoga, modified†
- Pilates, modified
- Running or jogging‡
- Racquet sports‡ §
- Strength training‡

The following activities should be avoided:

- Contact sports (eg, ice hockey, boxing, soccer, and basketball)
- Activities with a high risk of falling (eg, downhill snow skiing, water skiing, surfing, off-road cycling, gymnastics, and horseback riding)
- Scuba diving
- Sky diving
- "Hot yoga" or "hot Pilates"

*In women with uncomplicated pregnancies in consultation with an obstetric care provider.

†Yoga positions that result in decreased venous return and hypotension should be avoided as much as possible.

‡In consultation with an obstetric care provider, running or jogging, racquet sports, and strength training may be safe for pregnant women who participated in these activities regularly before pregnancy.

§Racquet sports wherein a pregnant woman's changing balance may affect rapid movements and increase the risk of falling should be avoided as much as possible.

4.) Warning signs to terminate exercise while pregnant

- Vaginal bleeding
- Regular painful contradictions
- Amniotic fluid leakage
- Dyspnea before exertion
- Dizziness
- Headache
- Chest pain
- Muscle weakness affecting balance
- Calf pain or swelling