

Physical activity for pregnant women with Gestational Diabetes Mellitus



Mercy Health
Care first

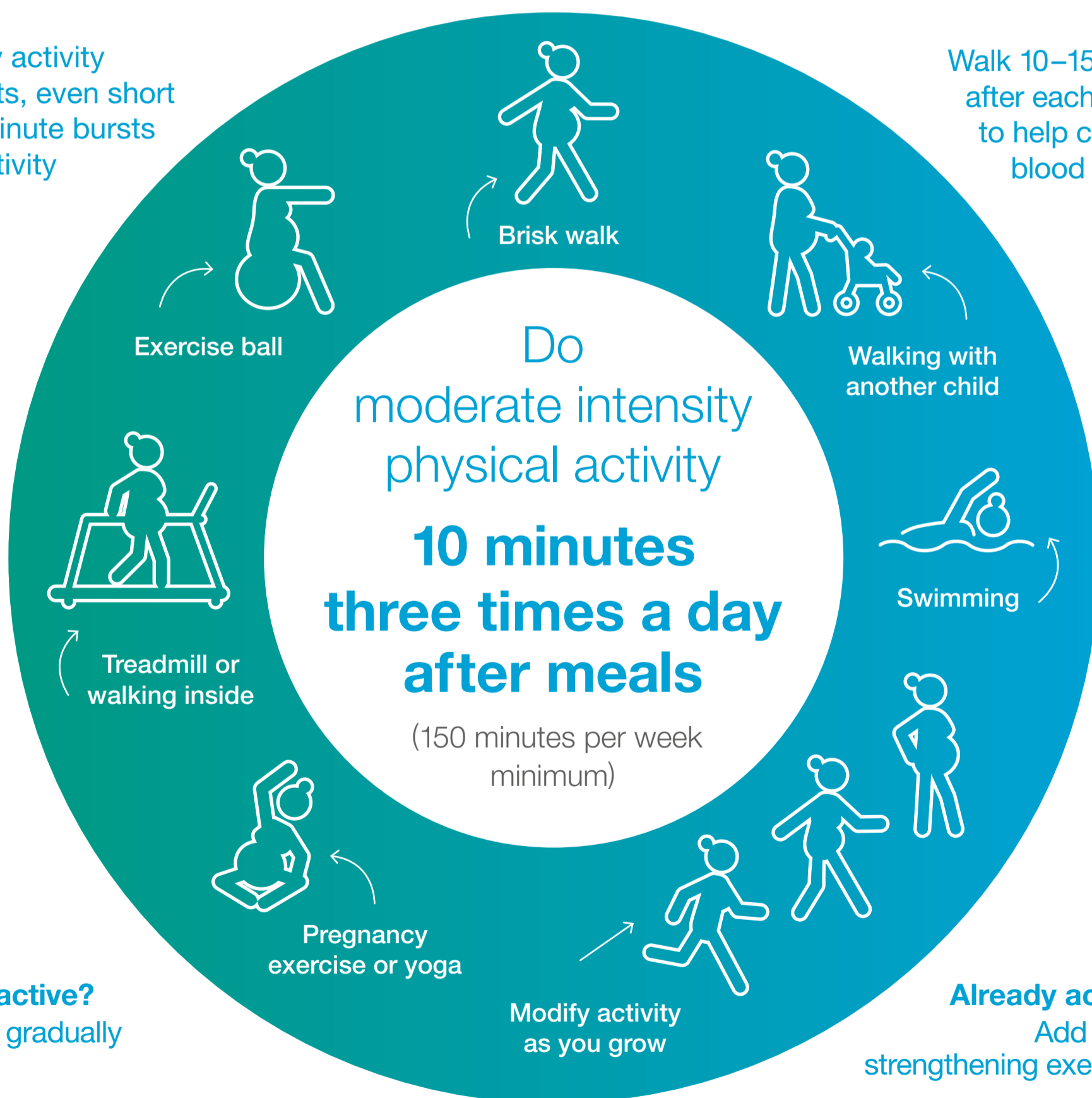


- Helps control blood sugar
- Improves mood
- Good for baby's health
- Helps control weight
- Improves fitness

Physical activity is **safe** and **beneficial** for mother and baby*

Every activity counts, even short 10-minute bursts of activity

Walk 10–15 mins after each meal to help control blood sugar



Not active?
Start gradually

Already active?
Add some strengthening exercises

*For women without medical restrictions. If you have concerns about exercising during your pregnancy, please talk to your doctor or midwife. Informed by aspects of *Physical activity for pregnant women: an infographic for healthcare professionals*, which was developed by the CMO Expert Committee for Physical Activity and Pregnancy, UK.

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