

# Physical activity for pregnant women with Gestational Diabetes Mellitus



Mercy Health  
Care first

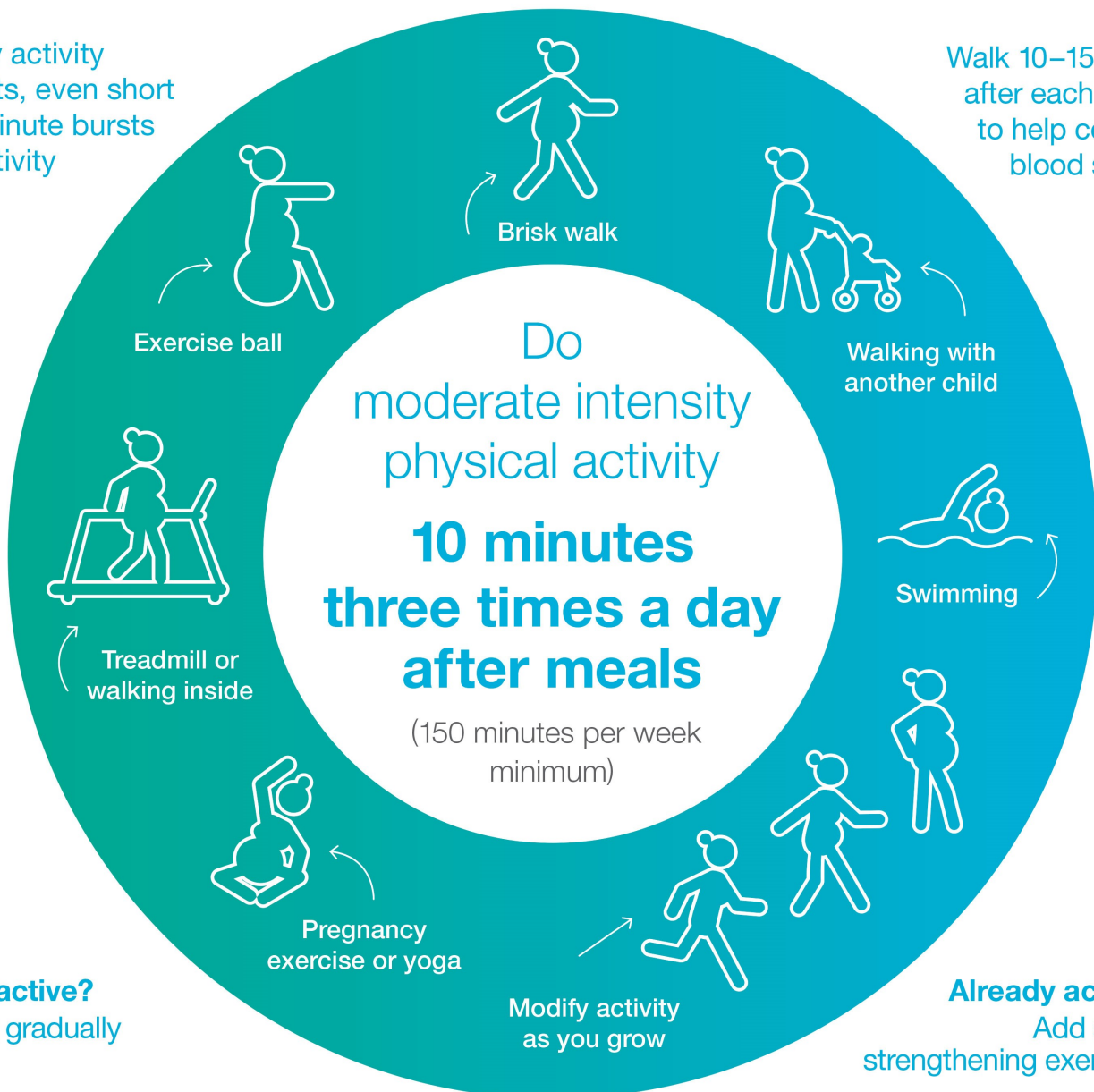
- Helps control blood sugar
- Improves mood
- Good for baby's health
- Helps control weight
- Improves fitness



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.