

CHAMPIONING MOTHERHOOD: EXERCISE AND THE PREGNANT ATHLETE

FOR MORE INFORMATION, SEE THE PAPER ON WHICH THIS INFOGRAPHIC IS BASED, FOUND IN THE FOLLOWING REFERENCE: [Link to Full text](#)

Supporting pregnant athletes to maintain sport participation

SCREEN

Identify those with contraindication to exercise during pregnancy.

SUPPORT

Open communication and supportive team centered on the athlete voice.

ADAPT

Have a flexible training plan that can be adapted as the athlete's needs change during pregnancy.

Relative and Absolute Contraindications to Exercise During Pregnancy*

Relative Contraindications

Moderate-to-vigorous physical activity may continue normally, or with modification of intensity, duration or modality of exercise.

Recurrent pregnancy loss

Gestational hypertension

History of spontaneous preterm birth

Mild/moderate cardiovascular disease

Mild/moderate respiratory disease

Symptomatic anemia

Malnutrition

Eating disorder

Twin pregnancy after 28th week

Other significant medical conditions

Absolute Contraindications

Moderate-to-vigorous physical activity is not advised until the condition resolves; activities of daily living may continue in consultation with an obstetric healthcare provider.

Ruptured membranes

Premature labor

Unexplained persistent vaginal bleeding

Placenta Previa after 28 weeks

Pre-eclampsia

Incompetent cervix

Intrauterine growth restriction

High order multiple pregnancy (e.g. triplets)

Uncontrolled type 1 diabetes, hypertension and/or thyroid disease

Other serious medical conditions

*Adapted with permission from Mottola et al. (2018) 2019 Canadian Guidelines for physical activity throughout pregnancy. Br J Sport Med. 52(21): 1339-1346.

