

Warning signs to stop exercise in pregnancy

- Vaginal bleeding
- Amniotic fluid leakage
- Severe abdominal or back pain
- Regular and painful contractions
- Shortness of breath before exertion
- Dizziness
- Chest pain
- Muscle weakness affecting balance
- Calf pain or swelling
- Decrease or sharp increase in baby movements
- Changes in vision
- Frequent painful headaches
- Severe or sudden swelling of hands, eyes, face or feet
- All over itching late in pregnancy
- Vomiting or diarrhoea
- Pain or burning with urinating
- Fever or chills
- An accident, fall. Or blow to the belly

The American College of Obstetricians and Gynecologists committee opinion on physical activity and exercise during pregnancy and the postpartum period December 2015

Sports medicine Australia. Statement for exercise in pregnancy 2016

Consensus statement of IOC on exercise in pregnancy from British Journal of sports medicine 2016