
Appendix B**Appropriate Modes of Exercise for Pregnancy Complicated by Diabetes:**

- Walking
- Water aerobics
- Low impact aerobics
- Bicycling (only in early pregnancy)
- Dancing
- Light weight training
- Step aerobics (until uterus blocks vision of step)
- Treadmill walking
- Swimming
- Stepping Machine (including elliptical)
- Stationary bicycling
- Yoga

Recommendations for Exercise Success:

- Exercise with a partner whenever possible
- Know signs and symptoms of hypoglycemia
- Carry source of carbohydrate
- Wear supportive clothing
- Carefully select footwear for optimal fit and comfort
- Avoid exercise in hot or humid weather
- Drink water liberally
- Set realistic goals
- Schedule exercise (specific days and time)
- Choose convenient location
- Go slow in the beginning; exercising too hard or too fast may result in injury
- Choose activities that are fun and enjoyable
- Vary exercise routine

Strength Training Recommendations:

- Perform all exercises with good posture and proper technique (if possible, have woman review proper technique with a skilled professional)
- Start with light weights
- Use slow and controlled movements: 2 seconds lifting and 2-4 seconds lowering
- Never hold breath
- Breathe out during each lifting movement and breathe in during each lowering movement
- Add more repetitions as each exercise becomes easier
- Increase weight only when an exercise becomes very easy
- Perform strength exercises every other day
- Stop at any signs of discomfort

*Weight size should be governed by the mother's level of fitness. Beginners should use 1-3 lb weights. Those who have some level of fitness should use 3.5-5 lb. weights.