

妊娠期间的身体运动

Exercising During Pregnancy

Exercise is safe and encouraged during a normal healthy pregnancy. If you exercised before you became pregnant, you can continue exercising at the same level. If you are just starting an exercise program, talk to your doctor and start slowly. Do not push yourself too hard. Talk to your doctor about what kind of exercises to do. There are some health conditions that may limit your exercise.

General guidelines

- Drink plenty of water and eat a healthy snack before exercising.
- Wear clothing that is comfortable.
- It is best to exercise for 30 to 45 minutes 3 to 5 times each week.
- You should be able to carry on a conversation during exercise.
- Avoid getting overheated. Do not exercise on very hot or very cold days.
- Avoid any type of exercise that can cause even mild trauma to your stomach.
- You may need to change the type of exercise you do as your stomach gets bigger and your balance changes.
- It is common to feel some mild cramping during exercise. Drink plenty of water and the cramping should stop after you are done exercising.

正常健康妊娠期间，运动是安全的，并且也鼓励孕妇运动。如果在怀孕前就运动，怀孕后可继续保持原来的运动水平。如果是刚开始运动，则要征求医生的意见，循序渐进。不要过分透支体力。与医生讨论应该从事哪些运动。某些健康状况可能限制您的运动。

一般原则

- 运动前足量饮水，吃一点健康零食。
- 穿舒适的衣服。
- 最好每周运动3至5次，每次30至45分钟。
- 运动强度控制在可以一边运动一边与人交谈。
- 避免过热。气温很高或很低时不要运动。
- 避免任何可能导致腹部哪怕受到轻微伤害的运动。
- 随着腹部增大和平衡的变化，可能需要改变运动方式。
- 运动中有轻微抽筋是正常的。多喝水，抽筋在运动后应该会停止。

Exercise safely

- Warm up and cool down with each exercise session.
- Start slowly.
- Listen to your body. Do not try to push yourself too hard. Stop exercising when you get tired. Do not exercise to the point of exhaustion.
- If you have pain or any unusual signs, stop exercising right away. Rest and call your doctor if these signs do not go away.
- Keep one foot on the floor during all standing exercises, do not over reach and do not do quick, jerky movements. This may throw off your balance.
- **Never hold your breath.**
- Your joints are softer, so do not over extend or bend the joints, such as deep knee bends or deep squats. Do not do bouncing stretches. Use a longer slow stretch.

Types of exercise to do

- Walking is a great exercise. If you were not active before pregnancy, walking may be a good way to start.
- You may use light weights.
- Swimming is a great exercise, but do not dive.
- Jog or play tennis only if you did these before your pregnancy.

安全运动

- 每次运动开始时热身，结束时放松缓和。
- 慢慢地开始。
- 注意身体反应。不要过分透支体力。感到累时就停下来。不要运动到精疲力竭。
- 如果运动时感到疼痛或出现任何异常迹象，立即停止运动去休息。如果这些迹象不消失，打电话给医生。
- 站立运动时，至少要有一只脚不离开地面，不要做勉强的动作，不要做急快动作。这样可能会导致身体失去平衡。
- **不要屏气。**
- 妊娠期间关节变软，因此不要过度拉伸或弯曲关节，例如深屈膝或深蹲。不要跳跃伸展。要慢慢伸展身体。

可以采取的运动方式

- 散步是很好的运动方式。如果怀孕前不太运动，散步可能是良好的开始。
- 可做轻量的负重锻炼。
- 游泳是很好的运动方式，但是不要潜水。
- 除非怀孕前就跑步或打网球，否则不要做。

Types of exercise not to do

- Do not do any exercise where you lie flat on your back after the first 3 months of pregnancy.
- Do not use ankle weights, do double leg lifts, or do full sit ups. This strains your back.
- Do not do any activity that may cause jerking, bouncing, or high impact movements.
- Do not water ski, snow ski, or scuba dive.

Talk to your doctor or nurse if you have any questions or concerns.

不可以采取的运动方式

- 妊娠满3个月后，不要在仰面平躺时做任何运动。
- 不要使用踝沙袋、不要做双腿跳、不要做全仰卧起坐。这么做会拉伤背部。
- 不要做任何可能导致急促、蹦跳或高冲击性动作的运动。
- 不要滑水、滑雪或潜水。

如果有任何疑问或担心，请咨询医生或护士。