

	Benefits of physical activity during pregnancy	Type of benefit
1	improve self-esteem and mood.	
2	help a woman to gain only a healthy amount of weight during pregnancy.	
3	help to improve energy levels.	
4	help to reduce stress and anxiety.	
5	help to maintain cardiovascular and muscular fitness. This helps to prepare the mother's body for childbirth.	
6	reduce the risk of developing gestational diabetes; a form of diabetes that only develops during pregnancy.	
7	help the woman to recover faster and remain healthy after giving birth	