

	Statement	Agree/Disagree
1	Taking part in regular physical activity when pregnant has many health benefits.	
2	If a pregnant woman has fluid loss when exercising, she should stop exercising and get medical attention	
3	If a pregnant woman feels contractions during exercise, she should finish her workout as planned before getting medical attention	
4	A woman should do physical activity while pregnant to lose weight.	
	Doing physical activity during pregnancy can help to maintain cardiovascular and muscular fitness	
6	If a woman is feeling very tired, she could try to do some physical activity. It helps to improve energy levels	
7	A woman should push herself to run as fast as she can when pregnant.	
8	Physical activity during pregnancy can help improve a woman's self-esteem and mood.	