

# 懷孕期間的運動

## 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.

正常而健康的孕期期間，運動是安全的，也鼓勵孕婦進行運動。如果懷孕前您即有運動，那麼可以繼續進行相同程度的運動。如果您剛開始運動計畫，請徵求您醫師的意見，然後慢慢開始運動。不要運動過度。與您的醫師商量可做哪些運動。某些健康狀況可能會限制您的運動。

### 一般指導準則

- 運動前，補充大量水份並吃一些健康零食。
- 穿著舒適的衣服。
- 最好每週運動三到五次，每次 30 到 45 分鐘。
- 運動強度是運動時仍能與人對話。
- 避免過熱。太熱或太冷的天氣下不要運動。
- 避免任何可能造成腹部哪怕受到輕微損傷的運動。
- 腹部漸漸變大而平衡改變時，您可能需要改變運動方式。
- 運動時感到輕微痙攣是正常的。運動完後補充大量水份，痙攣的現象應該會停止。

## 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.

## 安全地進行運動

- 每次運動前後都要做暖身及放鬆伸展操。
- 慢慢開始。
- 注意身體反應。切勿過度透支體力。感到疲倦時就停止運動。切勿運動到極度疲勞的程度。
- 如果感到疼痛或任何不尋常的徵狀，立刻停止運動。如果徵狀未消失，休息並聯絡醫師。
- 站立運動時，至少要保持單腳站在地板上，請勿過度伸展，也不要做極快、急迫的動作。這樣可能讓您失去平衡。
- **不要憋氣。**
- 懷孕期間您的關節變得較軟，因此請勿過度伸展或彎曲關節，如深屈膝或深蹲。不要做跳躍伸展的運動。慢慢伸展身體。

## 可採取的運動方式

- 散步是很好的運動方式。如果懷孕前不太運動，那麼散步可能是很好的開始。
- 可進行輕量的負重練習。
- 游泳也是很好的運動方式，但不要潛水。
- 除非懷孕前就有慢跑或打網球，否則不要做這些運動。

## 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.**

## 應避免的運動方式

- 懷孕滿三個月後，正面平躺時不要做任何運動。
- 不要使用腳踝沙袋、不要做雙腿跳或全仰臥起坐。這樣會拉傷背部。
- 不要做任何會造成急促、蹦跳或高度衝擊的動作。
- 不要滑水、滑雪或潛水。

若您有任何疑問或擔憂，請諮詢您的醫生或護士。