

# Exercising Safely When You Have Gestational Diabetes

When you have Gestational Diabetes, keeping your blood glucose in a healthy range is one of the best things you can do for your baby and yourself. Exercise is one way to help you manage your blood sugar levels.

Being active helps your body use glucose, lowering the amount of it in your blood. Aim for at least 30 minutes of moderate activity five days of the week.

Megan has Gestational Diabetes.

*Some light exercise. Some prenatal yoga. A little bit of prenatal cardio as the educators really stressed that that is just overall for a pregnancy very healthy to have that exercise.*

If you haven't been active before this pregnancy, talk with your healthcare provider before you begin.

If you have high blood pressure or are at a high risk for complications, work closely with your provider to make sure you stay safe when you exercise.

Keep it light. Walking, particularly after meals, and swimming are usually great for expecting mothers.

Whatever you choose to do, make sure it's safe. Don't do activities that could harm your baby, such as: Contact sports like football or basketball; Activities with a high risk of falling like skiing, skating, or horseback riding; Heavy weightlifting; Or activities that focus on your abdomen like waist twists, full sit-ups, or straight leg bends.

Also never exercise in very hot or very cold conditions.

If you take insulin to control your blood sugar, exercising more can lead to low blood glucose, or hypoglycemia. So, before you exercise, check your blood glucose.

And always carry a snack of 15 grams of carbohydrates with you in case you feel any symptoms of hypoglycemia.

Any type of physical activity can help you manage your blood glucose levels. To stay motivated, focus on your health and the health of your baby.

Keep in mind, too, you don't have to stop being active after you give birth. Keep up your activity levels for long-term health benefits. Thirty minutes of moderate exercise each day can help you lower your risk for Type 2 diabetes.