**IMPORTANT!!! Sports Safety Tips during Pregnancy**

**Please talk to your OB about your sports activities during your pregnancy**

In general **NO Sports** is allowed if the following applies:

* there is a fetal under – supply
* there is a risk of preterm contractions
* if you are obese or underweight
* if you or your baby do not gain enough weight
* if you just recovered from an infection
* if your cervix is shortening prematurely
* if you have a chronic heart or lung disease
* if you have a very high blood pressure or are anaemic

Get the **OK of your OB** before you do sports in the following cases**:**

* if you are pregnant with more than one baby
* if you didn’t get pregnant naturally (e.g IVF)
* if you had a miscarriage or preterm baby
* if your baby is breech during the 3rd Trimester (week 27 and above
* if you have a thyroid misfunction
* if you have a poorly regulated diabetes I

If the following occurs you should **immediately see a doctor:**

* vaginal bleeding
* sudden heavy vaginal discharge
* premature contractions
* sudden pain or swelling of joints, hands or face
* heavy headache or impaired vision (sehstörung)
* sudden weakness or dizziness
* swelling, painfull or red calf or leg
* unusual heart beat or chest pain
* any pain, cramps, or muscles contractions in the area of your tummy

To avoid risks for your baby you should follow the following safety tips

* overheating of your body should be avoided
* intensive stamina and strength training can lead to anaerobic metabolism and should be avoided
* in general any training within the anaerobic zone must be avoided. Always make sure you can still talk during your training
* to avoid an overheating of your body do not exercise in temperatures above 29°C / 84°F
* drink enough water to avoid dehydration
* avoid intensive impact for your body centre within the first 18 weeks of pregnancy