

SAFETY TIPS FOR PERFORMING HIIT WHILE PREGNANT



Stay hydrated, and do not overheat yourself. Try to find an air-conditioned place to work out.



Limit or avoid weight loads as they may affect your breathing, thus lowering the baby's heart rate.



Stop working out when you feel dizzy and experience muscle, chest, or calf pain, cramps, and vaginal bleeding.



Avoid jumping workouts and the ones that include abrupt direction changes.



Adjust your calorie intake, ensuring you have enough for the high-intensity workouts.



For high-intensity workouts beyond 45 minutes, fuel your body with enough safe amounts of sugar.



References:

1. Intense Exercise during Pregnancy: Too Much of a Good Thing or Not?; Mother To Baby
2. The Best Exercises for Pregnant Women; RMC Health System