



Precautions For **SWIMMING** During Pregnancy



First Trimester



Combat morning sickness by swimming first thing in the morning.



Swim every day for at least 20 minutes.

Second Trimester

You may practice backstroke while lying on your back.



Wear a maternity suit that accommodates your growing belly for a comfortable swim.



Third Trimester



Refrain from backstrokes as your delivery date approaches.



Use a snorkel to take the strain off your neck when you breathe while swimming.