

**EXERCISE RELEASE – Please complete form, sign and return to instructor.**

**Exercise During Pregnancy** – based on the American College of Gynecology guidelines

In the absence of either medical or obstetric complications, 30 minutes or more of moderate exercise a day on most, if not all, days of the week is recommended for pregnant women. Epidemiologic data suggests exercise may be beneficial in the primary prevention of gestational diabetes as well as cardiovascular complications.

**Please CHECK-OFF any of the following conditions which apply to you:**

**ABSOLUTE contra-indications to Aerobic Exercise during Pregnancy**

- Restrictive lung disease
- Incompetent cervix/cerclage
- Multiple gestation at risk for premature labor
- Persistent second- or third-trimester bleeding
- Placenta previa after 26 weeks of gestation
- Premature labor during the current pregnancy
- Ruptured membranes
- Preeclampsia/pregnancy-induced hypertension
- Heart disease

**RELATIVE contra-indications to Aerobic Exercise during Pregnancy**

- Severe anemia
- Unevaluated maternal cardiac arrhythmia
- Chronic bronchitis
- Poorly controlled type 1 diabetes
- Extreme morbid obesity
- Extreme underweight (BMI <12)
- History of extremely sedentary lifestyle
- Intrauterine growth restriction in current pregnancy
- Poorly controlled hypertension
- Orthopedic limitations
- Poorly controlled seizure disorder
- Poorly controlled hyperthyroidism
- Heavy smoker

**Warning Signs to Terminate Exercise While Pregnant**

- Vaginal bleeding
- Dyspnea prior to exertion
- Dizziness
- Headache
- Chest pain
- Muscle weakness
- Calf pain or swelling
- Preterm labor
- Decreased fetal movement
- Amniotic fluid leakage

**Exercise Intensity during Exercise**

Due to fluctuations in blood volume and cardiac output, heart rate is not an accurate measurement to determine how intensely you are working out. Instead, you should use the Rate of Perceived Exertion Scale and workout in the moderate intensity range, Borg scale 3-7. A simple rule is that you should be able to speak while exercising.

**Borg Scale of Rate of Perceived Exertion**

0	Nothing at all	Can very easily carry on a conversation
1	Very easy	
2	Easy	
3	Moderate	Able to carry on conversation
4	Somewhat hard	Cannot talk continuously Cannot speak at all
5-6-7	Hard	
8-9	Very hard	
10	Very hard, maximal effort	

I, \_\_\_\_\_ (print your name), do not have the above contra-indications to exercise during pregnancy and I have read the warning signs to terminate exercise.

I understand the rate of perceived exertion scale and understand I need to exercise in the moderate intensity range during this class.

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_