

**Mayo Clinic Minute**

**Sex, Exercise and Pregnancy**

<b>Video</b>	<b>Audio</b>
<b>Vivien Williams</b>	Pregnancy is surrounded by myths. Two big ones are that exercise and sex are bad for pregnant women.
<b>Yvonne Butler Tobah, M.D.</b> <b>OB-GYN</b> <b>Mayo Clinic</b>	“Exercise has actually been known to improve pregnancy outcomes.”
	Mayo Clinic obstetrician and gynecologist Dr. Yvonne Butler Tobah recommends healthy pregnant women get moving, especially with cardiovascular exercises like walking or using elliptical machines. It helps keep weight down and it may help them feel better physically and mentally. Even running is ok. However...
<b>Yvonne Butler Tobah, M.D.</b> <b>OB-GYN</b> <b>Mayo Clinic</b>	“We like patients to avoid exercises that might cause direct trauma to their abdomen.”
<b>Vivien Williams</b>	So, no horseback riding, scuba diving or skydiving. Now, besides exercise, the myth about sex and pregnancy is also busted.
	“Sex and running are good.”
	For most normal pregnancies, sex is fine. So, be sure to check with your health care provider to confirm you are having a healthy pregnancy.
<b>Vivien Williams</b>	I’m Vivien Williams, and for more health news, visit the Mayo Clinic News Network.