

Preconception Health Physical Activity

Type	Duration/Frequency	Intensity
Aerobic	150-300 minutes of moderate intensity physical activity per week OR 75-150 minutes of vigorous activity per week OR A combination of the two	This is dependent on baseline levels of fitness OR Assess via target heart rate: Age <20 years: 140-155 beats per minute Age 20-29 years: 135-150 beats per minute Age 30-39 years: 130-145 beats per minute Age >40 years: 125-140 beats per minute
Strength and pelvic floor training	Aim for two strength sessions per week on non-consecutive days	One to two sets of 12-15 repetitions of each muscle group
Contact	Avoid contact sports, sports with risk of falling and scuba diving	