

Resources on Physical Activity

- [New Canadian Guideline Prescribes Exercise for Healthier Pregnant Women, Healthier Babies](#)
- [Physical Activity Guidelines: 24-Hour Movement Guidelines – Canadian 24-Hour Movement Guidelines](#)
- [Pelvic Health Exercises](#)
- [Pregnancy – 24-Hour Movement Guidelines](#)

More Resources on Physical Activity

- [Get Active Questionnaire](#)
- [Get Active Questionnaire for Postpartum– CSEP](#)
- [Beginner-Friendly Movement Tips – Pelvic Health Foundation](#)
- [WHO Guidelines on Exercise and Sedentary Behaviors](#)
- [Canada's 24-Hour Movement Guidelines](#)