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# Pregnancy & Exercise Tracking

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## Using Your Reebok Wearable Safely During Pregnancy

Reebok wearables can support an active lifestyle during pregnancy by tracking steps, workouts, and sleep. However, it is important to use these devices safely and follow guidance from your healthcare provider.

## How Your Reebok Wearable Can Help

Feature	How It May Support You
<b>Step tracking</b>	Helps monitor daily activity and maintain gentle movement.
<b>Workout tracking</b>	Records exercise sessions, supporting safe activity routines.
<b>Heart rate monitoring</b>	Provides general heart rate data, which can help guide intensity (not for medical decisions).
<b>Sleep tracking</b>	Helps monitor rest patterns and overall wellness during pregnancy.

## Important Limitations

- This wearable is **not a medical device** and cannot monitor fetal health or detect pregnancy complications.
- Heart rate targets may differ during pregnancy; consult your healthcare provider for safe ranges.
- Avoid using wearables to push for extreme fitness goals; focus on comfort, safety, and moderate activity.

## Exercise Guidance During Pregnancy

- Light to moderate activity is generally beneficial, but always **consult your doctor** before starting or continuing exercise.
- Pay attention to your body: stop activity if you feel **dizziness, shortness of breath, pain, or unusual fatigue**.
- Use wearable data as a **general wellness tool**, not a replacement for professional medical advice.

**Disclaimer:** Reebok wearables are intended for general fitness and wellness tracking. They are **not designed for fetal monitoring or medical diagnostics**. Always follow your healthcare provider's recommendations during pregnancy.