Using Your Reebok Wearable During Pregnancy

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Pregnancy can bring many changes to your daily routine, energy levels, and sleep. Your Reebok wearable can help you keep track of your activity, workouts, and sleep patterns, giving you a general picture of your wellness over time.

Every pregnancy is different, so it's important to use your watch in a way that feels comfortable for you and to follow the guidance of your healthcare professional.

Your Reebok wearable is designed for general fitness and wellness tracking. It is not a medical device and cannot monitor your baby's health or detect pregnancy-related complications.

How Your Reebok Wearable Can Help

Feature	How it can help
Step tracking	Keep an eye on your daily activity and notice how your movement changes over time.
Workout tracking	Record supported workouts and review your activity whenever you like.
Heart rate monitoring	View estimated heart rate readings as a general fitness reference during activity.
Sleep tracking	Review your estimated sleep patterns and notice changes in your rest over time.

Available features vary by model. These measurements are estimates intended for general fitness and wellness purposes.

Important Limitations

- **Heart rate readings:** Your heart rate can change during pregnancy. Do not rely on your watch's readings or standard heart rate zones to determine how intensely you should exercise. Ask your healthcare professional for guidance appropriate to your circumstances.
- **Pregnancy monitoring:** Your watch cannot monitor your baby's heart rate, assess fetal health, or detect pregnancy-related complications.
- **Fitness goals:** You do not need to meet a particular step count, calorie target, or workout goal. Use your activity data as a general reference, not as a reason to push beyond your comfort level.
- **Individual needs:** Recommendations for physical activity vary. Consult your healthcare professional before starting a new exercise routine or if you have concerns about exercising during pregnancy.

Using Your Watch During Exercise

If your healthcare professional has advised that physical activity is appropriate for you, your Reebok wearable can help you review your general activity patterns.

- **Listen to your body.** Do not push yourself to meet a target displayed on your watch.
- **Stay hydrated.** Drink water as appropriate for your needs.
- **Avoid overheating.** Take care when exercising in hot or humid conditions.

- **Stop if you feel unwell.** If you experience unusual discomfort or symptoms that concern you, stop exercising and seek advice from your healthcare professional as appropriate.

Your watch's readings should never override how you feel or the guidance provided by your healthcare professional.

A Little Reminder from Us

Your Reebok wearable is here to help you understand your general activity and wellness patterns, not to tell you what you should achieve each day. Listen to your body, give yourself room to rest, and use your watch in whatever way feels helpful to you.

As you prepare for this exciting new chapter, we wish you all the very best! Remember, your wearable is a wellness companion, not a substitute for professional medical advice. Always follow your healthcare professional's recommendations and reach out to them whenever you have questions about staying active during pregnancy.

Wishing you a happy, healthy journey ahead!