

<https://www.momsintofitness.com/first-trimester-exercise/>

This article focuses on how to safely exercise in each trimester.

<https://diaryofafitmommy.com/4-safe-exercises-for-the-first-trimester-of-pregnancy/>

This article focuses on four specific exercises and their benefits in the 1st trimester.

<https://www.pregnancyexercise.co.nz/pregnancy-exercise-second-trimester-exercise/>

This article gives an overview of what exercises to do and not do, hormones, and the second trimester in general.

<https://www.pregnancyexercise.co.nz/pregnancy-exercise-second-trimester-exercise/>

This is an overview of how to safely exercise in all trimesters.

<https://www.thebump.com/a/third-trimester-exercises>

This article gives 3 specific exercises that are good for health and specifically good during the 3rd trimester of pregnancy.

<https://diaryofafitmommy.com/10-best-yoga-poses-pregnancy/>

This article outlines good yoga poses to perform during pregnancy.