

In the present thesis I find the possibilities of health-oriented exercise programmes for the pregnant women. I write about the possibilities of exercising for women during pregnancy, whether the offer of exercise programmes is available to all women, or which exercise works best for them and why. Further I create the training programme for mothers at home. This is evident from the example of one of the proband. This woman is in the 7th month of the pregnancy and she was very helpful in building exercise programme option by exercising it. The result is the programme which is the most comfortable for her and the women with whom she practices.