



FIRST TRIMESTER

# The Second Trimester Energy Surge: Real or Myth?

If you've felt pretty drained in the first trimester, the second trimester might bring a delightful boost in energy levels. Most moms see a comeback of stamina during this time, so let's make the most of it with helpful tips to maximize energy and well-being.

A free guide from [maternity.app](https://maternity.app)

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## Capitalize on the energy window.

You're likely to experience a surge in energy during the second trimester. Use this time for activities that prepare you for baby, like nursery setup or enjoying a little getaway with your partner.

## Keep moving and stay motivated.

- **Maintain regular exercise.** Try walking or prenatal yoga to boost your energy levels.
- **Engage in light activities.** Activities like swimming or stretching can enhance your stamina and lift your mood.
- **Listen to your body.** Rest when you need it, but don't shy away from movement that feels good.

- ☐ Capitalize on the window for nursery prep.
- ☐ Maintain regular prenatal exercise.
- ☐ Watch your sleep hygiene for a better rest.
- ☐ Fuel your surge with nutrient-dense meals.
- ☐ Stay hydrated for optimal energy.
- ☐ Plan a babymoon to recharge before the third trimester.

## Science behind the energy shift.

Medical literature confirms this energy shift is entirely anatomical. By week 14, the placenta takes over hormone production, greatly reducing the metabolic drain on your body. This helps stabilize blood pressure and decrease fatigue.

### NOTE ON FATIGUE

If you don't feel a sudden burst of energy, don't panic. Every body adapts at its own pace.

## When to call your doctor.

Contact your provider if severe, crushing fatigue persists past week 16. It's wise to check for low iron or thyroid issues, which are treatable and common causes of extended exhaustion.

You're doing great! This surge of energy can make a huge difference, so enjoy every moment. Your body is doing incredible things, and this is just one phase of your journey.