



PHYSICAL ACTIVITY

Physical activity is a crucial part of our health and our health journey. But when and how do we fit it into our crazy schedules? Here are a few tips to help you get started.

- Start small by slowly introducing physical activity into your daily schedule; each step forward counts!
- Walk around the block once per day with your family; increase as the weeks go on.
- Introduce strength/resistance training as possible starting 1 day per week.
- Always check with your doctor before starting an exercise regimen especially during pregnancy.

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MommyWise

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MAKING CHANGES

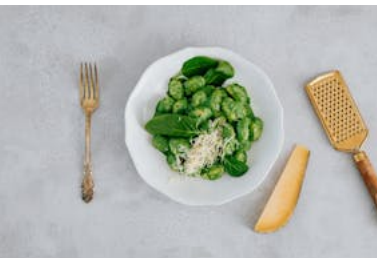
A BEGINNER'S GUIDE TO MAKING LIFESTYLE CHANGES



DIET AND NUTRITION

Our diet is extremely important in determining what our health will look like throughout our life and is especially important during pregnancy. Having a healthy diet can help prevent a number of chronic diseases and conditions, such as heart disease, obesity, atherosclerosis, cancer, and type 2 diabetes. Making changes can be very difficult, especially when we are surrounded by a number of unhealthy food choices. Here are a few quick tips to easily add healthy options to your weekly meals.

- Add in 1 extra serving of vegetables at each meal
- Remove 1 soda per day and replace with 2 glasses of water
- Switch out a refined or processed food with something closer to a whole food, for example, switch apple juice with either applesauce or a fresh apple.
- Folic Acid and Folate (a B vitamin) is critical in the development of your baby and can be found in some multivitamins and foods (leafy dark green vegetables, citrus fruits, juices, and beans).
- Consuming folic acid before, during, and after pregnancy can prevent many serious birth defects of the brain and spine.



STRESS REDUCTION

Stress, especially chronic stress, can have a lasting and damaging impact on your body. We could all do without stress; here are a few ways that can help us get better control of our stress and help us relax.

- Remember the importance of taking deep breaths to regulate your breathing and heart rate.
- If able, go outside and enjoy a few minutes of fresh air; practice your slow breathing.
- It is normal to feel some stress during pregnancy. Your body is going through many changes, and as your hormones change, so do your moods.
- Too much stress can cause you to have trouble sleeping, headaches, loss of appetite, or a tendency to overeat - all of which are harmful to you and your developing baby.
- You should talk about stress (uncertainty or fear, etc.) with your health care provider and loved ones.

