

Fast Facts

Pregnancy

-Consists of 3 trimesters

- Rapid developmental growth of baby occurs during 1st trimester
- More noticeable physical changes occur for mother during 2nd trimester
- Baby packs on the weight and increases in size during the 3rd trimester

Signs of Pregnancy

- Normal menstrual cycle is more than a week late
- More tired than normal
- Frequently have to urinate
- Nausea and/or vomiting
- Breasts may be tender and swollen
- Moodiness
- Bloating
- Light spotting (aka implantation bleeding)
- Cramping
- Constipation
- Aversion to certain foods
- Nasal congestion

Note: Since many of these are the same as what you can experience when you have your period, it's a good idea to take a home pregnancy test if you have any of them and reason to believe that you might be pregnant, particularly if you don't normally experience these symptoms with your period.

Tips for a Healthy Pregnancy

Exercise:

- Can help with reducing backaches, constipation, bloating and swelling
- Can boost mood/energy levels, help you sleep better, prevent excess weight gain and promote muscle tone/strength and endurance
- Can decrease risk of developing gestational diabetes, potentially shorten the length of labor and lessen the risk of needing a C-section
- Always check with your doctor before starting any exercise routine
- Remember to pace yourself
- Try to get 30 minutes of moderate-intensity exercise most days (you should still be able to carry on a conversation while exercising)
- If you haven't exercised in a while, start off with less time and slowly work your way up to longer periods of time
- Strength training is okay, but don't go too heavy on the weights
- Always warm up first, drink plenty of water during and stretch/cool down after to avoid any injuries
- Avoid activities that requires you to lay on your back after the first trimester, scuba diving, contact sports, pose a high risk of falling, hot yoga/Pilates, cause direct trauma to your abdomen or exercising at high altitude
- If you have any vaginal bleeding, dizziness, headache, chest pain, shortness of breath, calf pain/swelling, painful contractions that continue even after resting, fluid leaking/gushing from your vagina or

muscle weakness that affects your balance, you should contact your doctor immediately.

Diet:

- Needs to be well-balanced
- Choose grains that are whole or enriched
- Eat a wide variety of fruits and vegetables
- Protein is essential for your baby's growth, so eat a diet that includes meat, poultry, fish, eggs and beans
- Fish is an excellent source of omega-3 fatty acids, which supports your baby's brain development (avoid fish that are high in mercury, such as swordfish, king mackerel, tilefish and shark and avoid raw fish, like sushi)
- Drink 3 cups of milk a day to get enough calcium (if your stomach can't tolerate dairy products, look for options that are fortified with calcium, like certain orange juice)
- Choose healthy fats, such as nuts, seeds or avocados
- Don't overindulge in sweets
- Drink plenty of water (10 cups a day)
- Limit caffeine to less than 200mg a day
- Take a prenatal vitamin (per your doctor's recommendation)
- Make sure that all meats, eggs and any other foods that should be cooked are done so thoroughly
- Wash all raw fruits and vegetables
- Avoid any unpasteurized foods, herbal teas and alcohol

Sleep:

- Several factors that impact the quantity and quality of your sleep, like morning sickness, frequent urination, physical discomfort, fetal movement, leg cramps, heartburn, irregular uterine contractions, anxiety and shortness of breath
- In early pregnancy, the increase in hormone levels can also make you feel fatigued and sleepy during the day
- Avoid falling asleep on your back and place a pillow between your bent knees and/or under your stomach to provide support
- Make sure that your room is dark, quiet and comfortable temperature in order to create a relaxing environment
- Go to bed and wake up at the same time each day
- Eat small, frequent meals throughout the day, stop eating three hours prior to going to sleep and sleep on your left side with your head elevated to avoid heartburn
- Get enough physical exertion during the day
- Do relaxation techniques before you go to bed, like mediation

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