

6 Healthy Things TO DO WHEN YOU'RE Pregnant

1

Keep the water flowing.

You'll need to drink more water when you're pregnant to support your body and your growing baby. Everyone needs a different amount of water based on their size, activity level, and the weather. How do you know what's right for you? Try the urine test—when you pee, it should be clear or pale yellow.



2

Quit your vices.

If you smoke, now is the time to quit. Smoking during pregnancy ups your chances of having a baby with a low birth weight, which puts them at greater risk for health problems. You should also stop drinking. There is no safe amount of alcohol while pregnant.



3

Take a prenatal vitamin.

When you're pregnant, certain nutrients are especially important. You'll find these in a prenatal vitamin. For example, folic acid helps prevent some birth defects, while iron and iodine are key to staying healthy.



4

Stay active.

Exercise is healthy for most people who are pregnant. Aim for at least two and a half hours of moderate-intensity activity a week. This can help prevent back pain, reduce your anxiety, improve your sleep, and prepare you for delivery.



5

Pay attention to your plate.

When you're pregnant, nutrition matters more than ever. To find out how much you should eat from each food group based on your age, height, weight, trimester, and physical activity level, visit www.myplate.gov.



6

Stretch your legs.

Sitting for long periods of time can affect the blood flow to your legs. Make sure you take frequent breaks to walk around and get the blood circulating. Consider wearing support hose while traveling, which can help with blood flow.

