

FOR A HEALTHY PREGNANCY, TAKE ONE **SMALL STEP.**

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MOVE MORE

There's no better
time to be active



DRINK WATER

It's the best choice
for you and your baby

EAT REAL

Fresh, natural foods
help your baby grow



REST UP

Make time for sleep
and relaxation



MaineHealth

LET'S GO!

SMALL STEPS

When it comes to your health, *small steps* go far!



Move More

There's no better time to be active

Pregnancy is a great time to explore being active! Now is the time to set healthy patterns for you and your baby.

For most women, it's safe to be active. Walking, swimming, fitness classes, or prenatal yoga are all good options.

Moving for 30 minutes on most days is good for you and your baby. You can split it up—10 minutes at a time has benefits.

Stay comfortable while you're active—wear loose clothing, stay out of the heat, and drink plenty of water.

Being active helps with some aspects of pregnancy, like constipation and leg swelling.



Eat Real

Fresh, natural foods help your baby grow

Choose foods in their natural form. Eat less packaged food.

Eat a variety of fruits and veggies. It's good for you, and may even teach your baby to like different tastes!

If some raw vegetables bother your stomach, cook them. Try roasting, steaming, or sautéing.

Iron is important. Lean red meats, poultry, beans, and peas are all good sources.

Most women need only 300 extra calories each day during pregnancy. That's a piece of whole wheat toast with peanut butter and an apple.



Drink Water

It's the best choice for you and your baby

Limit sugary drinks. Reach for water instead.

Eat foods with water in them like oranges, cucumbers, and watermelon.

If water makes you queasy, try sucking on crushed ice cubes.

Having constipation? Water helps to keep things moving.

Add flavor. Put a fruit wedge in your water. Try fresh ginger and lemon to settle your stomach!



Rest Up

Make time for sleep and relaxation

Sleep is a priority! Try for at least 8 hours of sleep, and take short naps if you are still tired.

Trouble getting comfy? Try a pillow under your belly or between your legs, or a rolled-up towel behind your lower back.

Find time to relax. Take 10 minutes a day of quiet time to refocus and energize.

For fewer nighttime trips to the bathroom, drink plenty of water during the day then cut back a few hours before bed.

Heartburn can be a sleep stealer. Limit fat, acid, and caffeine. Eat smaller meals and don't lie down after eating.