**Top 10 Tips for Staying Healthy and Fit During Pregnancy**

While pregnancy can take a toll on a woman's physical fitness and health, taking appropriate dietary and exercise measures can give a pregnant woman strength and endurance needed for successful childbirth. Thus, the tips below, alongside your doctor’s recommendations, can help you stay fit and healthy during pregnancy.

**(1) Don’t Exercise Against your Doctor’s Recommendations**

Your doctor will advise that you don’t exercise if experiencing pregnancy-related conditions such as bleeding or spotting. Also, don’t exercise if having conditions such as asthma or heart complications such as heart disease as such conditions may escalate or hurt your pregnancy.

**(2) Engage in Safe Excising**

While pregnant, you may walk, swim or run (moderately) to enhance muscle strength and improve organ function. Exercising this way for about 30 minutes, at least five days a week, does improve cardiovascular function as well as blood circulation. Don’t forget yoga, which helps calm your mind, relax and breathe better.

**(3) Avoid Exposure to Injury while Exercising**

Don’t engage in contact sports such as football, volleyball or basket ball. Also, avoid physical activities that expose you to falls such as jumping, hiking or skiing. Make sure to maintain balance all the time while exercising and avoid any activity that makes it difficult.

**(4) Hydrate Regularly**

Drink plenty of water to avoid possible instances of dehydration, which not only affects you but your baby too. Thus, don’t wait until you’re thirsty to drink water. About 10 cups of water every single day will help keep a pregnant woman well hydrated. Also, remember to take water after exercising to avoid dehydration.

**(5) Eat Plenty of Iron**

Make sure your diet is rich in iron. You can get regular iron from meats such as liver, chicken, pork, oysters, fish, lean beef, turkey and more. Fruits such as berries, grapes, oranges, plums and watermelons will also enhance your iron reserves. Consumption of at least 30mg of iron every day will keep you free from anemia, fatigue, stress and weakness.

**(6) Keep Moderate Temperature all the Time**

Avoid physical activity that may raise your core temperature to unsafe levels, especially for the unborn baby. Thus, balance exercising with rest breaks to avoid heightening your body temperature. Also, don’t stay in hot baths or excessive heat conditions at the workplace, Jacuzzis or saunas, as these can increase risk of birth defects.

**(7) Take Regular Breaks from all Kind of Physical Activity**

Consider taking bed rests a few hours each day to keep your heart rate normal. Consult your doctor and pay attention to conditions such as excessive fatigue, loss of breath and contractions, which may require a total break from all kind of activity such as sex, shopping, or office work. Ask your doctor if you need to take a break for one week or the rest of your pregnancy.

**(8) Take Folic Acid on Daily Basis**

Folic acid will help develop a healthy baby and prevent birth defects such as spina bifida. You can get folic acid from your daily diet consisting of folic-fortified cereals, bread, rice and pasta. Multivitamins are also a good source of fortified acid.

**(9) Avoid Bad Cholesterol (LPL)**

Although pregnancy goes with high cholesterol levels, a high presence of low-density lipoprotein (LPL) is a risk factor for heart conditions such as heart disease. To keep your LPL (bad cholesterol) levels low, you should emphasize on foods such as whole grain breads (brown bread), whole grain pasta (brown ice) and whole grain cereals (steel cut oats). Also eat lean or white meat (fish and chicken) and avoid unsaturated fats. Exercising is also a good way to lose cholesterol.

**(10) Eat Vitamin-Rich Foods**

Vitamins are critical in the boosting of your body’s immunity against disease and infection. Thus, ensure your every meal includes fruits rich in vitamins such as oranges, mangoes, and grapes. Specifically, ensure vitamin C enrichment every day and if you can’t get it sufficiently from fruits, try prenatal vitamin supplements. On the other hand, spinach, carrots, and pumpkins will give you a needed daily dose of vitamin A.

Maintaining a good physical health and fitness can significantly enhance your experience during and after pregnancy. Thus, if you eat well and exercise safely, you not only protect yourself but your baby too.