

Pregnancy Guide

1. Nutrition During Pregnancy:

- Eat a balanced diet rich in fruits, vegetables, whole grains, and lean proteins.
- Stay hydrated and limit sugary drinks.

2. Exercise Safely:

- Consult your doctor before starting any exercise regimen.
- Engage in low-impact activities like walking, swimming, and prenatal yoga.

3. Preparing for Labor:

- Attend childbirth classes to prepare for delivery.
- Discuss your birth plan with your healthcare provider.

4. Important Checkups:

- Schedule regular prenatal visits to monitor the health of you and your baby.
- Get necessary screenings and vaccinations.

5. Emotional Well-being:

- Talk to your partner or friends about your feelings.
- Seek professional help if you're experiencing severe anxiety or depression.