

*We want you to enjoy this journey . .*

## EXERCISE

If you have been exercising- that's great! If you haven't been exercising – start slowly, try walking for 10 minutes 5x per week. Gradually increase to 40min a day.

### Guidelines:

- Exercise is important, unless your doctor has advised against it
- If you are out of breath – decrease your intensity
- You sweat more in pregnancy so drink lots of water
- Work longer, not harder.
- After your 5<sup>th</sup> month (~20 wks) avoid exercising on your back, as this decreases blood flow to you and your baby
- Avoid any exercise that could cause you to fall. As your baby grows, your center of gravity changes.

### Recommended

Walking	Swimming	Hiking
Cycling	Low impact aerobics	Yoga

### Not Recommended

Horseback riding	Downhill Skiing
Rock Climbing	Scuba Diving

## SEX

Sex is safe and does not harm the baby.

It's normal to have more interest in sex, less interest or mixed feelings and thoughts about sex – open communication with your partner is important.

As pregnancy progresses, be creative with position changes.

Do NOT have sex if you have pain, blood, or fluid leaking from your vagina. Or been advised against it by your provider.

## NAUSEA

Some women feel a bit queasy in early pregnancy others feel it more severely. The rapid increase in hormones causes nausea (morning sickness). It may occur at any time, day or night, lasting minutes, hours or all day. This is draining, yet usually improves by the second trimester.

### What you can do

- Eat dry crackers before getting out of bed, wait 5-10minutes, then get up slowly.
- Eat small amounts of food frequently throughout the day. Try a bite every 30 min
- Do NOT eat large meals on an empty stomach
- Try taking prenatal vitamin at night

### Try these to settle your stomach

- Ginger cookies, ginger ale, or ginger tablets
- Cut up fruit, like watermelon or cantaloupe
- Flavored popsicles
- Mix equal parts of water and juice
- Melba toast, dry bagel, dry toast
- Vitamin B-6, 50mg, 2 times a day
- Sea bands may help
- Peppermint oil aromatherapy
- Accupuncture
- Antihistamies – Benadryl or Unisom

## TRAVEL

Traveling by car, bus or airplane is safe for healthy pregnant women.

### Guidelines:

- Wear your seatbelt
- Bring a pillow for long journeys
- Drink lots of fluids and pack nutritious snacks
- Request an aisle seat
- Plan to get up and walk around every 2 hours
- Bring a pair of loose fitting shoes
- We do not recommend traveling after 34weeks