Tips for a Healthy Pregnancy

10 Tips for a Healthy Pregnancy

Pregnancy is a special time for all women as they prepare to become mothers. Over a period of nine months, a woman will experience a lot of changes in her body and life. To enjoy your pregnancy, you should take good care of yourself first.

Here are some tips that might help you have a comfortable time during your pregnancy.

1. Diet & Nutrition
Eat 5 to 6 well-balanced meals everyday. Have a normal, balanced and healthy diet, but avoid uncooked meat, fish and eggs, because of the dangers of toxoplasmosis.

2. Vitamins
Take pre-natal vitamins each day, as directed by your doctor.

3. Fluid Intake
Drink plenty of fluids, at least 8 to 10 glasses a day. Additionally, avoid caffeine and artificial coloring.

4. Alcohol
Don't drink alcohol.

5. Smoking
Don't smoke and avoid being exposed to second hand smoke.

6. Exercise
Staying active is important for your general health and also to reduce stress. A pregnant woman can walk at least 15 to 20 minutes every day.

7. Sleep
Get adequate sleep of at least 8 hours a night. If you are suffering from sleep disturbances, take naps during the day.

8. Care of Feet
Wear comfortable non-sticky shoes and put your feet up several times during the day, to prevent fatigue or swelling of feet, legs and ankles.

9. Seat Belt
Continue to wear a safety belt while riding in motor vehicles.

10. Medication
Don't take over-the-counter medications without consulting your doctor.