

Healthy Pregnancy Tips

With a handful of **simple and practical** tips and precautions, women can substantially lower the risk of complications and increase their chances for **safe and healthy pregnancies**.

DO'S



Do eat well

Foods from five groups



Do exercise

150 min/week,
moderate intensity



Do reduce stress

Meditation, yoga, deep
breathing



Do have sex

A safe way to nurture
intimacy

DONT'S

Don't eat risky foods

Raw meat, unpasteurized
dairy, some fish



Don't exercise too much

Strenuous and injury-prone
sports



Don't change the litter box

Avoid toxoplasmosis



Don't overheat

Keep body temp. below
102°F (38.9°C)



Don't use harsh chemicals

Pesticides, insect repellants,
lead-based paint



Don't smoke & drink alcohol



Pregnancy And Lifestyle Habits

Jiyuan Zhang



Pregnancy And Lifestyle Habits:

Decoding **Pregnancy And Lifestyle Habits**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Pregnancy And Lifestyle Habits**," a mesmerizing literary creation penned by a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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