

A Step-By-Step Plan to a Healthy Pregnancy

Having a baby is an exciting moment. However, the nine months leading up to the experience can be a bit unnerving. Most women worry throughout their pregnancy about the health of their baby. To alleviate the stress and worry that often creep up during pregnancy, plan instead to have a healthy pregnancy and you can rest assured that you have done your very best to have a healthy baby.

1. **Get in Shape Early.** When you find out that you're pregnant is not the time to start a new diet or exercise program. If you are planning to become pregnant, make sure you are at a healthy weight and in the best physical activity. Doing this will help you during your pregnancy and can help you to have a problem-free delivery. If your pregnancy is unexpected and you aren't in the best shape possible, don't worry about it. It is possible to have a healthy baby while limiting the amount of excess weight that you gain. Eating plenty of fruit and vegetables will give your baby the nourishment it needs while helping you to limit the amount of weight you gain.

2. **Your Baby is What You Eat.** Your baby depends on the lifeline that you and they share to grow properly. Following a diet that includes all the major food groups is probably the simplest approach to a healthy diet. You may discover your appetite changing during the course of your pregnancy. This is common and shouldn't alarm you if you have unusual food cravings. It is quite acceptable to enjoy "bad" food once in a while, as long as you limit how frequently you indulge in these foods. Since some nutrients aren't abundant in most foods, doctors often recommend that pregnant women begin taking vitamin formulas designed specifically for them.

3. **Exercise regularly.** While a rigorous exercise program is unsuitable when you are pregnant, it is a good idea to try and get some exercise every day. Many women are nervous about doing anything that may harm their baby. Walking on a daily basis is beneficial for your health as well as for your baby. Before you begin any exercise program, you should first discuss your plans with your doctor.

4. **Avoid the big no-nos.** If you follow only one step in this plan for a healthy pregnancy, avoid the big no-nos: don't drink, smoke, or take drugs (this includes medications that your doctor has not approved). There are many debates about how these habits can affect your baby. The very fact that it is slightly possible to cause injury to your baby should be enough for you to avoid indulging in any of them during your pregnancy. The use of caffeine during pregnancy is debatable. You should discuss this with your doctor if you normally consume coffee, tea, or soda on a regular basis.

5. **Pamper Yourself.** Pregnancy is a special time and people will treat you with more attention. You should relish in this time because soon things will return to normal! Don't forget to give yourself special attention. Remember, if you're stressed your baby will feel stressed too. One of the most important things you can do to pamper yourself is to get sufficient rest. If before you were pregnant you spent days burning the midnight oil, you need to make sure you have this habit licked before you become pregnant.

Source: <http://www.articlecircle.com>

About the Author

You can find additional information about preparing for pregnancy by visiting pregnancy-step-by-step.org.