



FIT to be MOM!

Congratulations! Whether you are currently pregnant or in the beginning stages of planning a family, there is a lot a woman needs to know during her nine months of pregnancy. Sure, nine months seems like light years away, however, what you do before and during your pregnancy can have an impact on you and your child's health. Developing healthy habits during your pregnancy is a great idea. Not only will your body become stronger and prepare you for childbirth, it will help you stay strong and energized during your pregnancy.

Doctors are amazing! It takes a special person to care so much about you and your child during one of the most important times of your life. Make sure you always follow your doctor's instructions and suggestions.

Nutrition is a very important part of your pregnancy. You need to provide your body and your baby with nutrients the baby needs to grow. Women who are pregnant should consume on average an extra 300 calories per day. However, these calories should come from nutrient rich foods, not empty calories.

Research has shown that nutrition can affect your baby's health even before you become pregnant. Making sure your body is as healthy as it can be is important to prepare your body for the stress of your pregnancy. Most people know we need vitamins and minerals but they do not always know what they do and where they come from. (see chart at right)

Exercising before, during and after pregnancy is very important. Starting an exercise program before pregnancy will help prepare your body for all the changes that your body will go through.

Staying active during your pregnancy can be challenging. You may experience some fatigue and maybe a lack in motivation to get moving. If you are just starting an exercise program during your pregnancy, you must take it slow. Listen to your body. Take your heart rate 2 to 3 times during your workout to ensure your heart rate is not going above 140 beats per minute. Never

exercise to the point of breathlessness. Avoid getting over heated and drink plenty of water during exercise. Strengthening your core muscles as well as your butt and thighs will help prevent back pain as your body changes and grows. Maintaining a healthy weight before getting pregnant will decrease your health risks during pregnancy. During the second and third trimesters, avoid exercises that involve laying flat on your back. This can decrease the blood flow to your womb. Whatever type of exercise you choose, dress comfortable and make sure you are having fun! Fun activities will keep you motivated during the days when you are feeling tired or fatigued.

Strength training is a great way to maintain strength and muscle tone, however avoid lifting heavy weights. Exercises that involve raising weights over your head should be avoided. This can raise the heart rate quickly and put pressure on your lower back.

Your center of gravity will change due to weight gain during pregnancy. This may cause a change in balance. Stick to exercises that are low in risk for falling such a walking, swimming or stationary machines. A change in your hormone levels can also cause joints to become easily over stretched. Always avoid jumping and jarring movements that may put you at risk for injury.

Take the time to learn the rights and wrongs of exercise and nutrition. Continuing to exercise and follow proper nutrition after your baby is born will help your body bounce back to your pre-pregnancy weight. Not only will healthy habits be helpful during your pregnancy, but it will also be helpful for your whole family. Teaching your children healthy habits early will ensure a healthier and happier childhood! ❖❖❖

NUTRIENT

Folic acid
Protein
Carbohydrates
Calcium
Vitamin A
Vitamin C
Vitamin B12
Vitamin D
Fat
Vitamin B6

NEEDED FOR

prevent neural tube defects
cell growth and blood production
energy production.
strong bones, teeth, nerve function
healthy skin, healthy eyes, growing bones
healthy gums, teeth
formatting red blood cells, nervous system
healthy bones, teeth, calcium absorption
body energy stores
effective use of proteins and carbohydrates

BEST SOURCES

green leafy vegetables, yellow foods
lean meat, fish, poultry, egg whites, beans, nuts
brown rice, potatoes, whole grain pasta, fruit
milk, cheese, yogurt
dark leafy greens, sweet potatoes
citrus and broccoli
meat, poultry, milk
dairy products, cereals, bread
meat, peanut butter, margarine, oil
pork, ham, whole grain cereals, bananas



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