

Staying healthy in pregnancy



Information for patients

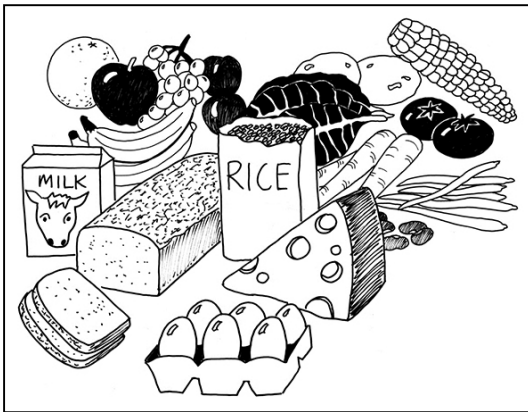
Obstetrics



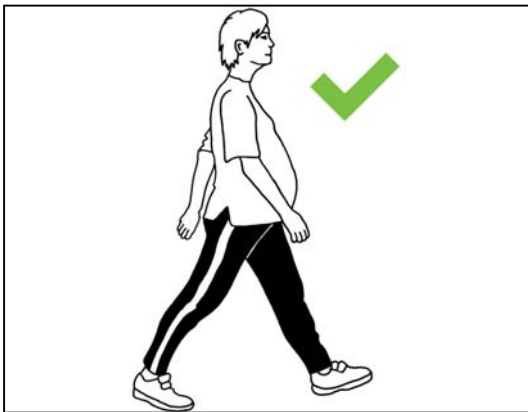
Easy Read



It is important to stay healthy for you and your growing baby.



You should eat a good mix of foods.

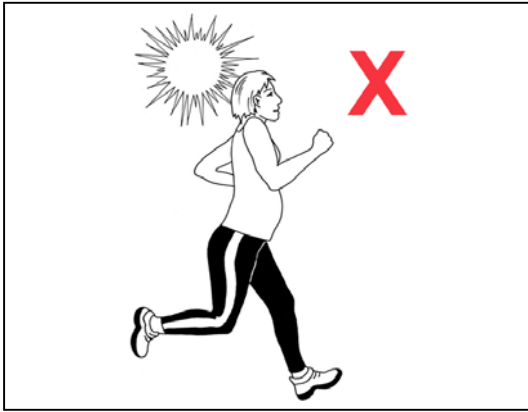


Keep active but avoid hard exercise.



Swimming is good when you are pregnant.

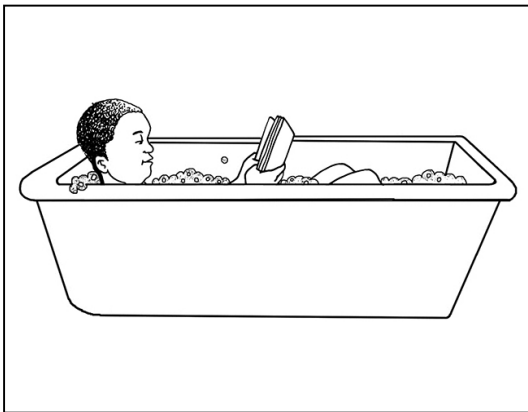
The water supports you whilst you exercise.



Avoid hard and fast exercise that tires you out.



To relax, put your feet up, even if it's only for a short time.



Have a relaxing bath.

This is a good way of reducing stress too.



Yoga is good gentle exercise but also good relaxation.

Easy Read



Your family could help out at home.



Or help with the shopping.



If you work, ask your employer about regular breaks so you don't get too tired.

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