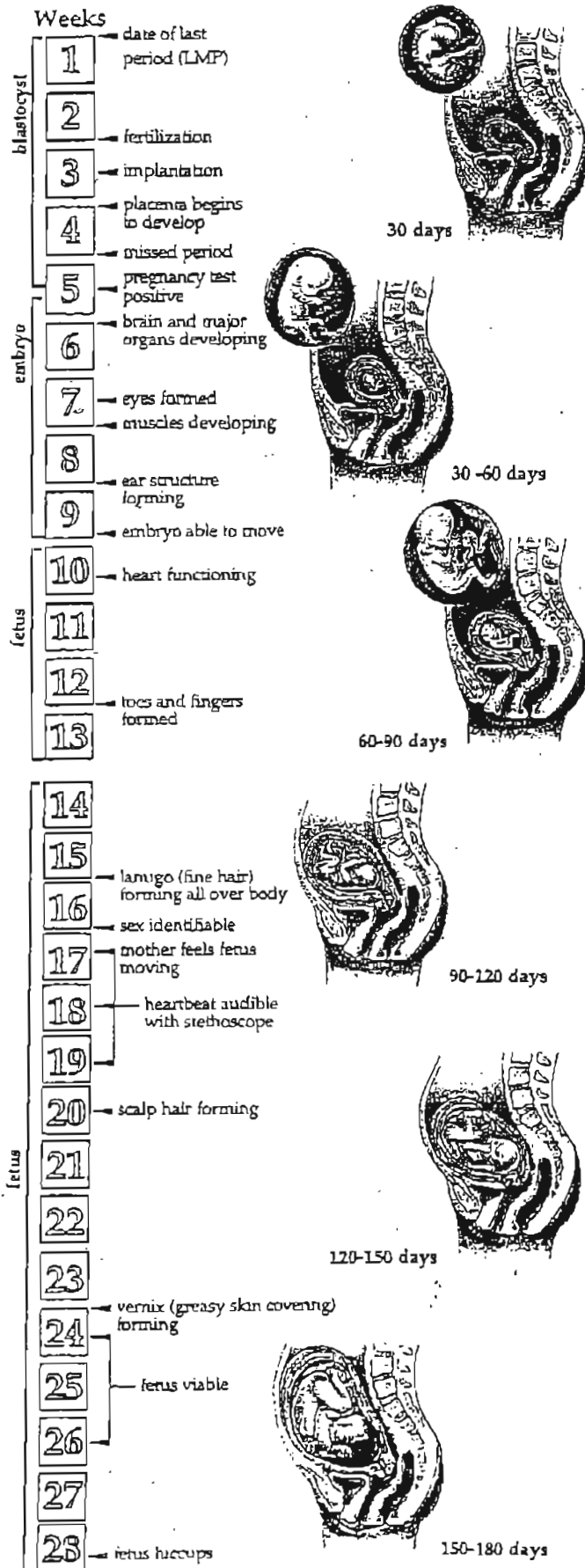


PREGNANCY CHANGES



1st Trimester

Nutrition: Don't try to lose weight during pregnancy. What you eat nourishes your baby as well as yourself. Eat a healthy, well-balanced diet that includes adequate protein, vegetables and fruit, grains, and dairy products. Discuss vitamin and mineral supplements with your doctor.

Weight Gain: You should not gain too much weight in the 1st trimester because you will gain most of the weight in the later stages of pregnancy.

Daily tips: You will probably feel very tired during this time, so try to rest as much as possible, taking naps if you can. Many women feel queasy or nauseated during the 1st trimester. Try eating small meals throughout the day, and munch dry crackers when you feel sick.

Exercise and Activities: Moderate exercise during pregnancy can make you feel good, tone your muscles, and increase endurance. Aerobic exercises, such as swimming, bicycling, walking, and low-impact aerobics, help strengthen your heart. Ask your doctor about an exercise program that is safe and appropriate for you.

Health Risk: Smoking increases the risk of low birth weight and health problems in infancy. Avoid drinking alcoholic beverages during pregnancy. Excess consumption of alcohol may cause low birth weight, birth defects, and mental retardation. Tell your doctor about any medications you are taking.

2nd Trimester

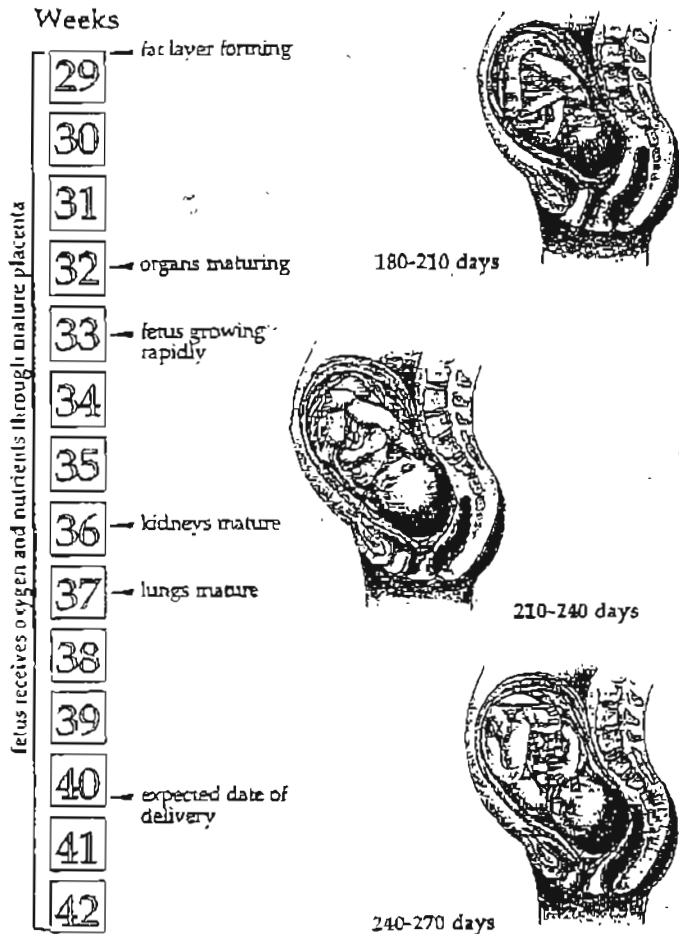
Nutrition: Eating well-balanced meals remains essential for your health and the health of the growing fetus. Your appetite may increase, but limit sweets and junk food. These foods increase your calories but do not provide good nutritional value.

Weight Gain: Your weight may increase significantly toward the end of the 2nd trimester.

Exercise and Activities: You can continue to exercise - carefully. Your joints are looser and more likely to be injured by jerking movements, and because your center of gravity is changing, you can more easily lose your balance. Swimming is one of the best exercises during pregnancy.

Daily Tips: To help prevent backache, relieve strain on the back by wearing low-heeled shoes, using proper lifting techniques, getting enough rest, and practicing good posture. To help prevent sore, swollen feet and varicose veins, try not to stand in one place for long periods of time and wear support stockings. To help prevent sleeplessness, sleep on your side and place extra pillows to support your back and abdomen. Rest is very important, but as the fetus grows and becomes active, you may have trouble sleeping.

3rd Trimester



Nutrition: Continue to eat well-balanced meals and nutritious food. Watch your salt intake to help reduce swelling, especially in the legs and feet. Try sitting down and elevating your feet to reduce swelling in the legs.

Weight Gain: Your baby gains the most weight in the last 13 weeks of pregnancy, so you will probably gain the most weight at the end of the 2nd trimester and throughout the 3rd trimester. Average weight gain is 24 pounds.

Exercise and Activities: You may have to adjust your activities and exercises to accommodate your increasing size and fatigue. Don't become exhausted and always drink plenty of fluids. Ask your doctor for advice on the most appropriate activities - swimming and walking are often recommended.

Daily Tips: As in the 1st trimester, you will probably feel very tired and will need a lot of rest. You may also have to urinate more frequently as the enlarging uterus presses on the bladder. To help prevent hemorrhoids, drink plenty of water and regularly eat fruits, vegetables, and grains.

Health hint: Many women experience emotional ups and downs due to the hormonal changes, fatigue, and worry. If you have any concerns about your pregnancy and your baby, talk to a health care professional.