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Pregnancy Exercise And Diet Tips – Sensible Advice For Expectant Mothers

By Tina Titas

Mothers–to–be have many questions about pregnancy nutrition and exercise. The tips and advice below will help you get started on a healthy pregnancy.

A diet containing the essential nutrients and vitamins are vital to the development of both mother and child. Vitamins are imperative to the health of a developing baby and the well being of the mother. Choosing foods that are rich in vitamins and other nutrients are a critical part of a healthy pregnancy nutrition plan and supplemental vitamins are necessary as well.

Follow a well–planned pregnancy diet to help avoid complications such as morning sickness, fatigue, anemia, and constipation. Your healthy diet must continue after pregnancy if you plan to breastfeed your baby.

Pregnancy food recommendations

- * Your pregnancy diet should include plenty of complex and unrefined carbohydrates as they contain important B vitamins, trace minerals, and fiber that are essential to a fit, healthy pregnancy.
- * Appropriate quantities of yellow and green leafy vegetables are vital for the growth of the baby and the health of the mother.
- * Dairy products contain calcium that will assist in the developing baby's teeth and bones. If your diet is lacking calcium your body will draw calcium from your bones to meet it's increased need.
- * Avoid excessive amounts of fat must be avoided during pregnancy, as it will only serve to add excess pounds, which will be hard to lose after the birth of your baby.
- * Vitamin C in generous amounts is crucial to a healthy pregnancy, bone growth, and various metabolic processes. Including berries, citrus fruits, raw broccoli and cabbage can help provide you with the Vitamin C that you need.

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Ideally, your pregnancy diet should include 3–4 servings of protein and meat, 2–4 servings of fruit, 6–11 servings of grains, 4–6 servings of dairy products, and 6–8 glasses of water, milk, and juice. A pregnant mother must follow a healthy diet that will benefit the developing baby but that will also maintain her general health as well.

Exercise recommendations during pregnancy

Exercise during pregnancy will promote strength, muscle tone, and endurance. Regular activity during your pregnancy will help alleviate swelling, fatigue, and backache. If you expect to remain fit during your pregnancy you will need to work your heart and major muscle groups. The type of exercise you do during your pregnancy will depend on your fitness level prior to pregnancy. Walking, pregnancy yoga videos, and swimming are excellent pregnancy exercises combined with stretching and other low-impact activities.

Exercises that involve a risk of falling or injury should be avoided such as bicycling, racket sports, horseback riding, and skiing. You will need to alter your exercise routine from trimester to trimester to accommodate your growing body. Avoiding over-exertion is necessary to avoid complications such as faintness, dizziness, vaginal bleeding, and premature contractions. Also, make sure you drink plenty of water before, during, and after exercising to reduce the risk of dehydration, which can raise your body temperature and cause harm to yourself and/or your baby.

A regular exercise program is beneficial to both mother and child, but check with your health care provider to make sure you have no conditions or risks that will prevent you from participating in a regular exercise routine or could cause potential harm to yourself or your child.

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<http://funexercisevideos.com>

, where you'll find the latest pregnancy

exercise videos at a great price.

Pregnancy Guide Selection Tips

By Mandy Robinson

>From the moment you find out that you are pregnant, expecting mothers immediately begin to worry about planning for a successful pregnancy and in addition for their bundles of joy. Planning is perhaps the most important thing you can do during your pregnancy, so finding a quality guide is of the utmost importance to helping you organize for success. You may be issued with some kind of brochures from your doctor at your first medical check-up where your pregnancy is officially confirmed, or you may be given something by friends who have already had babies. Read through the guide you are given, and see if it matches your ideal pregnancy in your mind.

1. Pregnancy Guides In A Nutshell

– Pregnancy follows a set pattern of development – What to expect with your body during each of the three trimesters – Hints on how to prepare for the actual birth of the baby – Diet advice – Exercise advice

2. Generic Pregnancy Guides

For many women, a generic pregnancy guide is sufficient to give them the information they require. Of course, depending on your personality you may want to explore other books to see if they are better suited to you. For example, do you want a pregnancy guide that not only informs but also encourages you to use the book as a record of your pregnancy by having space for you to write in your weight at the various stages?

3. Teen Pregnancy

If you are a teen mother– to– be, or this is not your first child, then you may prefer a pregnancy guide that speaks to you and offers more specific advice. It could be that you prefer to know all the symptoms of the various complications of pregnancy so that you are prepared, or perhaps you prefer a book that doesn't give you nightmares.

4. Diabetes Also, Other Conditions

For those with diabetes or other specific conditions, there are pregnancy guides that will apply specifically to you and can help you to plan on adjusting your dietary intake for your condition.

For more great pregnancy related articles and resources check out

<http://fab-pregnancy.info>



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