

Health Promotion Activities For the Expectant Mother

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Health Promotion Activities

- **Health Promotion** – increasing control over and improving health
 - These activities not only improve your health but your babies as well.



Essential Nutrients During Pregnancy

- 400 mcg of **folate and folic acid** before pregnancy and 600-1000 mcg during pregnancy per day.
- 1000 mg/day of **calcium**.
- 600 international units/day of **vitamin D**.
- 71 grams/day of **protein**.
- 27 mg/day of **iron**.
- Daily prenatal vitamin.



The Importance of Nutrition and Hydration

Foods To Avoid:

- Foods high in mercury
- Raw, undercooked, or contaminated seafood.
- Undercooked meat, poultry, and eggs.
- Unpasteurized foods.
- Unwashed fruits or vegetables.
- Excess caffeine
- Alcohol

The Effects of Nutrition and Hydration:

- Decreases the risk of birth defects.
- Linked to good brain development and a healthy birth weight.
- May help with symptoms such as fatigue and morning sickness.

The Importance of Sleep

- Women who don't get enough sleep are at increased risk for preeclampsia, gestational diabetes, longer labors, and undergoing C-section.
- Between 7 and 9 hours of sleep a night is recommended.



Exercise for the Expectant Mother

- At least 30 minutes of moderate intensity exercises is recommended 5-7 days out of the week.
- Remember to warm up, stretch, and cool down.
- Drink plenty of fluids to stay hydrated and replace electrolytes.
- You should be able to carry on a conversation while exercising.

Stop Exercising If You Experience...

- Vaginal bleeding
- Dizziness
- Headache
- Shortness of breath that is abnormal
- Chest pain
- Uterine contractions that continue after rest
- Fluid leaking or gushing from your vagina
- Calf pain or swelling



Benefits of Exercise While Pregnant

- Decreases backache, constipation, bloating and swelling.
- Boosts mood and energy.
- Prevents excessive weight gain.
- Improves sleep.
- Promotes strength, endurance, tone, and flexibility.
- Decreased risk for gestational diabetes or C-section.
- May contribute to a shortened labor.



Illness Prevention

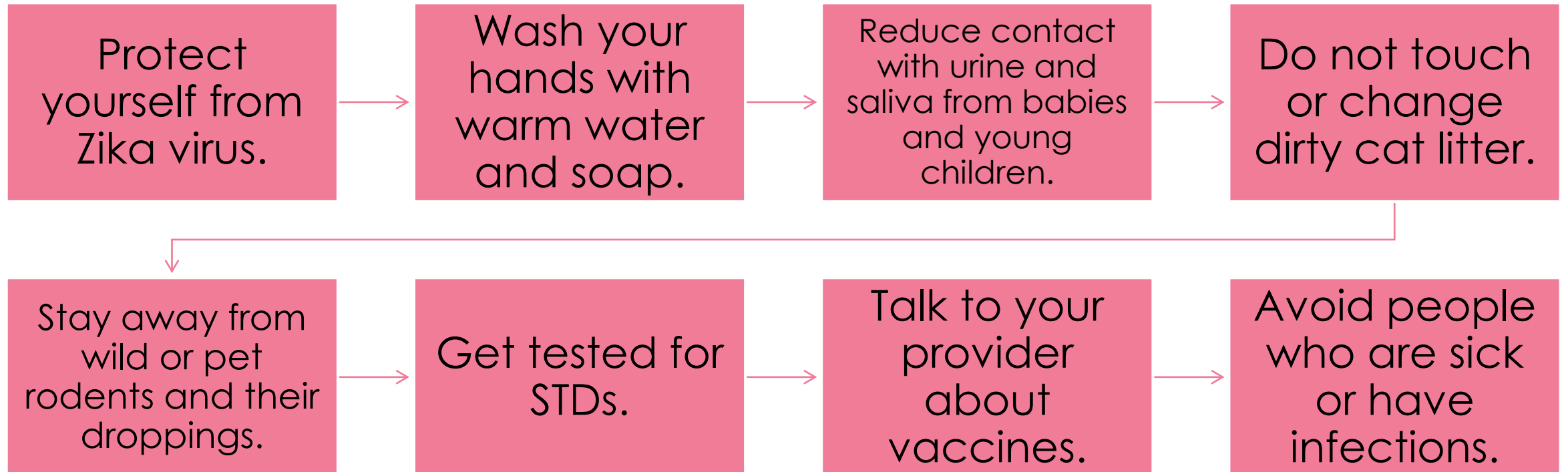
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WAYS TO IMPROVE YOUR IMMUNITY

-  **1. NUTRIENT RICH DIET**
- 2. QUALITY SLEEP**
-  **3. STAY HYDRATED**
- 4. LIMIT SUGAR CONSUMPTION**
- 5. EXERCISE DAILY**
-  **6. WASH HANDS**
- 7. MINIMIZE STRESS**
- 8. NATURAL SUPPLEMENTS**



Preventing Infection During Pregnancy



Types of Immunity



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Questions?

Thank you for listening!