

Staying fit throughout pregnancy – good for the mum, good for the baby!



Off the couch!

Exercising regularly and keeping fit
gives the baby an extra helping of oxygen.



A better diet!

Plenty of fruit, vegetables,
whole grains, and sufficient dairy
products keep you in shape – and your baby,
too. After all, its food comes through the
umbilical cord.

Bring on the water!

Water is unbeatable at quenching thirst
– for both mums and babies.
Sweet drinks just ladle on
unnecessary calories.



Booze and smoke – no thanks!

Steer clear of alcohol and cigarettes!
Your baby will be thankful and free
of toxins.

