

# REDUCE THE RISK OF PREGNANCY COMPLICATIONS



As a health care team directed by physicians, it is our goal to continuously improve the quality of our service and the outcomes of our patients.

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**FAMILY HEALTH UNIT**



# Healthy Pregnancy

# Tips to Healthy Pregnancy:

## *EAT HEALTHY*



- Helps your baby to develop and grow healthily.
- Eat a variety of different foods every day to get the right balance of nutrients that you and your baby needs.

## *EXERCISE*



- Helps improve your posture
- Help decrease some common discomforts such as backaches and fatigue.
- Helps relieve stress, and build more stamina needed for labor and delivery.

## *Don't miss your Doctor's Appointment*



**Your doctor can follow your baby's growth and monitor you both for any health problems or risks that might develop, including risks to your physical and emotional health. If there's a problem, it can be picked up and treated early.**