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# Mama's Health

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Week 2 of 40

## Activity

Go on a walk together! Walking is an excellent thing to do when you are pregnant! While you are on the walk, hold hands, and reminisce about your first date!




## Advice

One word: Kegels! Don't know what they are? Find out!

There are lots of healthy snacks that can fulfill your salty and sweet cravings!

Did you know you only need about 300 extra calories per day while pregnant?

Every pregnancy is different, do a little research to find out about common health problems during pregnancy so you can be prepared for anything that comes your way!



## Discussion Points

- *How can we improve your eating habits during pregnancy? (Doing it together will make it easier on mommy!)*
- *Are there any health issues that run in the family that have to do with pregnancy you are worried about?*
- *What kind of health care are you interested in? Midwife, Doctor, Doula? Do some research and find out what is best for you!*

## Goal

Research healthy weight gain and see what is right for you. Make some goals together that have to do with maintaining a healthy weight, good nutrition, and exercising for your pregnancy. Every pregnancy is different so it might not turn out the way you plan, but at least now you have a great start in the right direction!