

# HER HEALTH

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## The importance of nutrition and exercise in pregnancy

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Nutrition and exercise are vital aspects of pregnancy and managing each can lead to an overall healthier pregnancy experience. During pregnancy, you need approximately 300 extra calories. It's important to eat well-balanced meals throughout the day to get the proper amount of calories, along with vitamins and minerals that support the development of your baby. A prenatal vitamin is recommended along with healthy snacks and foods that consist of a variety of vegetables, proteins, and fruits along with healthy grains. You should try to keep sweets to a minimum and avoid alcohol. A healthy diet can help common pregnancy symptoms, such as nausea and constipation.

Exercise is also an important part of pregnancy and is an essential tool in improving overall fitness and maintaining health. It can be used to help with some of the common discomforts that occur in pregnancy, such as lower back and pelvic pain. Exercise should be tailored to each individual, as everyone has different needs and risk factors. If you were exercising prior to pregnancy, it is usually safe to continue to do so. If you are new to fitness, you should start slow. Taking a walk 3 times a week for 30 minutes is a good way to start. A good rule of thumb is to exercise to a point where you can still carry on a conversation, but you can't sing. Working your way up to 30 minutes of moderate exercise on most days is a great goal. Prenatal yoga and water aerobics are two great workout options. Try to stretch every day, especially as you get further along.

Here at Modern Ob/Gyn, we recognize how important nutrition and exercise are in pregnancy and are here to guide you in creating a plan specifically for you and your baby.

*Modern OBGYN has three convenient office locations. Visit our newest office at Avalon in Alpharetta located at 2710 Old Milton Parkway, Suite 100, Alpharetta, GA 30009. To schedule an appointment call 404-446-2496 or visit us online at [www.reyesobgyn.com](http://www.reyesobgyn.com). ■*



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