



HEALTHY PREGNANCIES

Health and Wellness

Tip of the Week
Week 2
January 13, 2020

Our Mission is to promote
health awareness and
encourage healthy lifestyles.

A Healthy Lifestyle For You And Baby

Choosing a healthy lifestyle with diet and exercise can help stop birth defects. Follow these steps to reach and keep a healthy weight throughout your pregnancy:

- Eat fruits, veggies, whole grains, low fat dairy and lean proteins.
- Workout at least 150 minutes per week.
- Limit added sugars and solid fats found in fried foods, desserts, soft drinks, fatty meats and whole milk.
- Talk with your doctor about how to keep health problems, like diabetes, under control.

Having a healthy diet and routine exercise will not only help you prevent birth defects, but help you feel better before, during and after pregnancy.

Source: Centers for Disease Control and Prevention

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