

Diet, Nutrition, Exercise Important Keys to a Healthy Pregnancy

PROPER DIET AND NUTRITION – Maintaining a complete nutritious diet accompanied with supplementation is critical for mom's health and the health of the developing fetus. Making appropriate nutritional choices during pregnancy can be confusing but the doctors of Czulada Chiropractic can help guide you.



VITAMINS/SUPPLEMENTS – In addition to proper diet and nutrition, supplementation of prenatal vitamins and minerals is also crucial. Supplements such as folic acid can prevent neural tube defects in your child.

Pregnancy requires an additional 300 calories per day in order to maintain metabolic homeostasis. Thus, those exercising should pay close attention to ensure adequate nutritional intake.

EXERCISE/PHYSICAL ACTIVITY PROGRAM –

Except in special cases, mild to moderate physical activity and exercise during pregnancy is not only safe, but has been shown to be beneficial.

KEGAL EXERCISES – are extremely important for the pregnant woman. They function to improve and maintain pelvic floor muscular tone which is vital during pregnancy and delivery. These exercises are best initiated early in pregnancy and continued throughout the term of the pregnancy. This ensures that during the delivery process the pelvic musculature is able to withstand the changes taking place during labor. They're also important in decreasing the likelihood of tearing during delivery as well as the later development of hemorrhoids.

These exercises are performed by squeezing the muscles of the pelvic floor. This is done by contracting and holding the same muscles used to start and stop urination in midstream.

EXERCISE SAFE FOR MOTHER AND FETUS – A recent study published in the American Journal of Obstetrics and Gynecology finds that women who exercised prior to their pregnancy can continue to do so without negatively affecting the fetus' growth or the pregnancy itself. According to the researchers, results indicate that healthy and well-conditioned women may take part in exercise during pregnancy without compromising fetal growth and development as judged by birth weight or complicating the course of pregnancy or labor.



Another study from the journal *Epidemiology* indicates that women who continue to exercise regularly during their pregnancy have a 40% lower risk of having a miscarriage compared with those who do not exercise. Researchers were able to determine that exercise, such as swimming, jogging and aerobics, reduced the risk.

Careful, Mom!

Tips to Ease the Strain of Caring for Your Baby



Caring for a baby is rewarding — and hard work. Like other kinds of work that require lifting, bending, long periods of sitting and repetitive motions, it can be harmful to your body.

The doctors of Czulada Chiropractic recommend these simple tips to prevent problems before they begin.

- Put one foot on a box or low shelf when you stand and change diapers. This causes your pelvis to tilt in a way that decreases pelvic fatigue.
- Keep work surfaces at a comfortable height. Put something under the legs of the changing table, for instance, to raise it if you're tall.
- Don't try to hold the baby and wrestle the side of a crib down at the same time. Instead, drop the crib side before you pick up the child.
- Don't bend from the waist when you lift the child. Squat with your back straight, keep the child close to you, and use your leg muscles to rise.
- Don't bend over into the car when putting your child in the car seat. Sit sideways on the seat with the child on your lap, then rotate to face front and put the child in the seat.
- Make sure your feet touch the floor and your back is supported when you sit holding your child. Keep your knees at the same height as your hips or slightly higher.
- Adjust stroller handles so you're not bending over when you push.
- When loading a stroller or groceries in the car trunk, rest one foot on the bumper and keep the load close to your body.

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