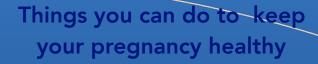
## A Healthy Pregnancy





- > Eat healthy foods, what you eat affects how you feel
- Good food = healthy baby. Country food has lots of good nutrients for both you and your baby.
- Exercise: even just a 10 minute walk helps with sleep, reduces stress, increases muscle tone and helps prepare for labour and delivery. Find a walking buddy for support.
- Reduce stress: if someone is hurting you physically or emotionally this is abuse...it is not your fault...talk to someone

- Quit alcohol, tobacco and drugs; it's the best way to give your baby a healthy start. If you find it hard to quit, ask your family or friends to support you.
- If you have concerns about your pregnancy or feel something might be wrong, go to the health center. If you don't want to go alone ask your spouse, friend or family member to go with you.





**Arviat Wellness Center** 

Box 150 Arviat, NU XOC 0E0 Phone: 857-2159 Fax: 857-2519

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