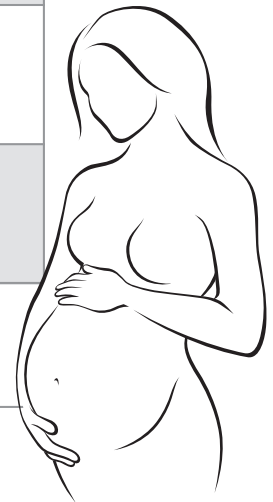


A healthy lifestyle during pregnancy

How much is a healthy weight gain during pregnancy?

If you start your pregnancy as:	During pregnancy you should gain:	
	pounds	kg
Healthy weight *BMI = 18.5-24.9	25-35	11.5-16
Overweight *BMI = 25-29.9	15-25	7-11.5
Obese *BMI greater than 30	11-20	5-9
Underweight *BMI less than 18.5	28-40	12.5-18



*Your BMI is a measure of your weight in relation to your height.

$$\text{BMI} = \frac{\text{weight in kg}}{(\text{height in m})^2}$$

Gaining too much weight during pregnancy can lead to complications during birth. It can affect both your health and the long-term health of your child. If you are a healthy weight or underweight, gaining too little weight during pregnancy could affect your baby's growth. Visit your doctor or midwife if you are worried about your weight.

Keeping physically active

If you are used to a particular physical activity, you should be able to continue as long as it is comfortable but you may become tired more quickly than before your pregnancy. It is sensible not to start a new intensive activity in your pregnancy. Avoid contact sports, high-impact sports and vigorous racquet sports that involve a risk of abdominal trauma, falls or excessive joint stress. Avoid hot tubs, saunas and scuba diving.

Accessing vitamin supplements

Your local area may be distributing the Healthy Start vitamins, which have folic acid and vitamin D, to all pregnant women. Ask your midwife, GP or health visitor. Alternatively ask at a local pharmacy for over the counter preparations.