

Tip 4: Care for your body and mind before and during pregnancy to set you and your baby up for success.

Honoring and listening to your body by [choosing nourishing foods](#) that you enjoy, [moving your body](#) in ways that give you energy, and [managing your stress](#) are great habits to build at any stage in your life. Continuing these habits throughout pregnancy will require some adjustments at various stages, but [whatever your body size or shape, work with your healthcare provider to plan for a healthy pregnancy](#).



Although Body Mass Index (BMI) is not a perfect measure of healthy weight, we do know that a [higher BMI at the start of a pregnancy](#) is associated with a higher risk for certain health problems, including serious birth defects. Talk to your healthcare provider to set an action plan for a healthy pregnancy.

Managing your stress can help you achieve and maintain a healthy body. Stress may increase your risk of gestational diabetes and preterm labor. It can also lead to high blood pressure during pregnancy and preeclampsia. Additionally, stress can make it very difficult to make healthy decisions, like avoiding harmful substances. Talk to your provider about ways to manage your stress and reach out to people you trust to ask for help.

Not everyone has [access to healthy foods](#) and [safe places for physical activity](#). Get involved in your community to make sure your friends and neighbors are well supported and have options to make healthy choices during pregnancy.

Social Media:

Prepping for #pregnancy? Work with your healthcare provider now to plan for healthy habits and practices that benefit your body and mind before and throughout pregnancy.

#HealthyCommunitiesHealthyBabies #NBDAM

Healthy communities lead to healthy pregnancies! Get involved with your city to make sure everyone has access to nutritious food, safe places to live and be active, and participate in social activities that lift up your community. We can all work together to support healthy pregnancies!

#HealthyCommunitiesHealthyBabies #NBDAM