

# Pregnant or a New Parent?



## Seven Great Reasons to Walk During Pregnancy

- #1** Walking can improve your physical and emotional health.
- #2** Walking can help you relax and sleep better. It is a great stress reliever.
- #3** Strong muscles and a fit heart can help your labour and delivery.
- #4** Walking improves your circulation, resulting in more nutrients getting to your growing baby.
- #5** Walking improves your breathing, giving more oxygen to your growing baby.
- #6** Walking is a natural way to prevent constipation.
- #7** Walking can help ease back pain.

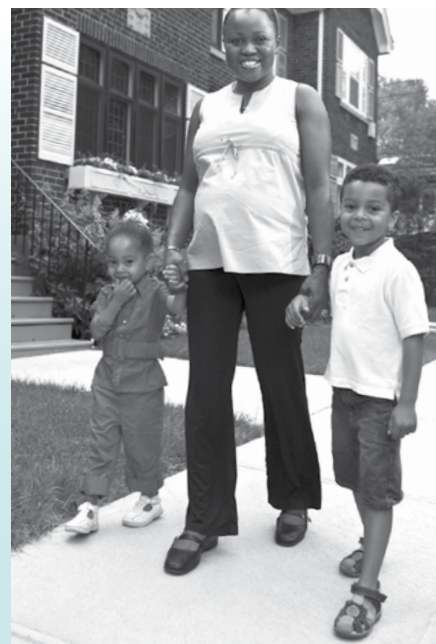
Make walking more fun by inviting your child, your partner or a friend to come with you for company and conversation.

### **Before you start walking, take a little time to stretch your muscles**

- Hold onto something for support and rotate each ankle several times.
- Roll your shoulders forward, together several times. Roll your shoulders backwards.
- Take a deep breath, raise your arms over your head and stretch up as far as you can. Lower your arms and breathe out.
- Hold onto something for support, stretch your calves and gently shake out each leg.
- Jiggle your arms.

### **Now, you're ready for a walk!**

If walking is a new activity for you, check with your health care provider before you start.



## Learn more about the prenatal benefit, nutrition, and health and your developing baby.

Connect with a Healthy Baby program in your community.

Telephone: **204-945-1301** (in Winnipeg)

Toll free: **1-888-848-0140** (outside Winnipeg)

If you live in a First Nations community and want to learn more about your local Canada Prenatal Nutrition Program, contact your health centre or nursing station and ask for the CPNP worker.