

Happy and Healthy During Pregnancy



Here are practices that research studies have proven will increase your chances of having a happy, healthy pregnancy and easier recovery from delivery.

- **Exercise**, which may include pregnancy yoga, swimming, stationary cycling, walking, even running (if approved by your doctor).
- Exposure to **Sunlight** for vitamin D. Use no sunscreen for 2-3 hours a week in winter, a few minutes a day in summer. No sun? Consider using a bright light therapy box.

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