

Pregnant or a New Parent?



Seven Great Reasons to Walk During Pregnancy

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

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!



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

Connect with a Healthy Baby program in your community.

Website: manitoba.ca/healthybaby

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.



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