

# Wellness During Pregnancy

## Second Trimester Challenge

### ENVIRONMENTAL

Minimize exposure to environmental toxins & teratogens.

- Stop cleaning cat litter box to avoid toxoplasmosis
- Avoid raw meat or unpasteurized dairy products
- Buy organic produce from the Dirty Dozen, meats without hormones, and fish without mercury
- Do not heat/store food in plastic containers/wrap
- Drink from metal, glass or ceramic containers
- Avoid phthalates/heavy metals in care products
- When traveling, move around every 30–60 minutes
- Be aware of traveler's warnings for diseases



### LIFESTYLE

Lead a healthy overall lifestyle during pregnancy.

- Avoid tobacco, alcohol, and recreational drugs
- Limit caffeine to 200 mg or 12 ounces daily
- Stay active and add walking and stretching to your daily routine
- Practice breathwork and paced breathing
- Give yourself more time for commute and activities
- Wear loose clothing, add maternity clothes into your wardrobe



### MEDICAL

Work with your healthcare team to manage your health and medical conditions.

- Keep your scheduled visits and lab test appointments
- Bring your partner to your ultrasound appointment
- Get screened for gestational diabetes
- Sign up for a childbirth education class, facility tour, and sibling preparation classes for children
- Talk to your provider about any potential travel plans
- Be aware of the signs and symptoms of preterm labor
- Schedule hospital or birthing center tour
- Ensure that your immunizations are current



### NUTRITION

Consume healthy foods and beverages and vitamins during pregnancy.

- Supplement with a prenatal vitamin with 400 mcg of folic acid, 300 mg of DHA and 450 mg of choline
- Eat nutrient rich foods: fruits, vegetables, whole grains, and lean protein
- Manage weight gain based on your weight category
- Minimize sugar, refined grains, and trans fats
- Add about 300–400 calories per day to your eating
- Stay hydrated and avoid sugar-sweetened beverages
- Avoid mercury and foods with smell aversions

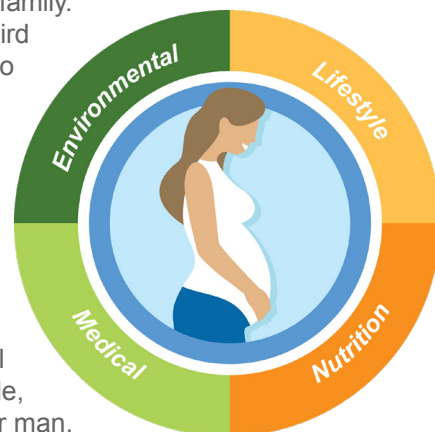


# Second Trimester Challenge



Now you will find you begin to “show” or look pregnant and your energy may improve!

Taking this challenge will improve on your well-being and that of your unborn child and family. The Wellness During Pregnancy Second Trimester Challenge focuses on the middle third of your pregnancy, what is called the second trimester. This is the time from 13 weeks to 27 weeks. This challenge encourages you to practice healthy lifestyle and nutrition habits, optimize health, manage health conditions for a healthy second trimester, and minimize environmental exposure to toxins. Participating in this challenge will improve your well-being and that of your unborn child and family.



## Making the Pledge

We pledge to stay focused on our lifestyle, nutrition, environmental exposures and current health and chronic medical conditions. Our actions can keep us focused on enjoying this special time while setting in place knowledge and healthy habits that will pay dividends toward our future physical and emotional health and well-being. If single, this pledge is made by the person choosing to become a parent, whether a woman or man, through pregnancy or through a surrogate.

## How the Challenge Works:

Each person of the partnership takes the challenge and jots down items in the 4 areas of wellness during pregnancy that you are willing to learn about, take action on, and incorporate into daily living to ensure a healthy pregnancy. Prioritize the most important changes by circling 4 items. Continue layering on additional items throughout the second trimester that will contribute to your wellness and that of your developing child.



Lifestyle



Nutrition



Medical



Environmental

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## Record your Preparing for Pregnancy Challenge activities:

Use a **check mark in the color-coded boxes** to record the days that you incorporated healthy  Lifestyle,  Nutrition,  Medical, and  Environmental practices to keep you well during pregnancy.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
WEEK 1	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
WEEK 2	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
WEEK 3	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
WEEK 4	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>