



*Fox Valley Reproductive Medicine (FVRM) is an independently physician-owned organization.*

## Preparing Your Body for a Healthy Pregnancy

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Taking good care of yourself is extra-important during the nine months you are growing a baby. It's also essential before you even try to get pregnant. To prepare for a healthy pregnancy, the three most important considerations are your general health, nutrition and exercise.

### Optimal Health

An important first step is to schedule a pre-pregnancy checkup with your doctor. During this visit, you can discuss any questions or concerns you have about becoming pregnant. Your doctor will also go over your family medical history and offer advice on any specific preconception care. Other considerations as you try to become pregnant include:

- Eliminate smoking
- Limit caffeine and alcohol
- Manage any pre-existing health conditions such as diabetes or high blood pressure

### Good Nutrition

A healthy diet is very important as you plan for pregnancy. Make sure you are eating fruits, vegetables and whole grains.

Getting enough folic acid is critical, too, as this helps protect babies from birth defects. You can add folic acid to your diet by eating foods like beans, peas, citrus fruits and fortified cereals. According to The American College of Obstetricians and Gynecologists, you should also take a multivitamin or daily supplement with 400 micrograms of folic acid. This should be taken before you get pregnant and throughout the first three months of your pregnancy.

### Plenty of Exercise

Maintaining a healthy weight and keeping active are also factors as you try to get pregnant. It is recommended that you get at least 30 minutes of exercise each day.

### **FVRM is here!**

For more details on a healthy pregnancy:  
Call 920-560-5585 today