



Staying fit throughout pregnancy — good for the mum, good for the baby!



Off the couch!

Exercising regularly and keeping fit gives the baby an extra helping of oxygen.

A better diet!

Plenty of fruit, vegetables, whole grains, and sufficient dairy products keep you in shape – and your baby, too. After all, its food comes through the umbilical cord.

Bring on the water!

Water is unbeatable at quenching thirst

– for both mums and babies.

Sweet drinks just ladle on unnecessary calories.

Booze and smoke - no thanks!

Steer clear of alcohol and cigarettes! Your baby will be thankful and free of toxins.



Gefördert durch:

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Additional information and counselling at: www.gesund-ins-leben.de www.in-form.de