

Preparing your Body for Pregnancy | Kaiser Permanente

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When you're thinking about getting pregnant, you want to be in the healthiest state possible, so it's important to go and visit your physician or your midwife to plan on how to have a healthy pregnancy.

We can help you optimize any health conditions that you may have.

We can talk about getting your body healthy before starting a pregnancy.

And then even just mentally and emotionally preparing to make room for a child in your life.

During that visit, we can have multiple conversations making sure that you are as healthy as possible prior to conception.

My doctor told me, in order to prepare for getting pregnant, to start implementing some more regular exercises in my routine.

So, physical activity is very important. The healthier you are prior to conception, the better it is for the outcome of the pregnancy.

It's very key that you maintain a well-balanced diet.

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I made quite a few changes with my diet. Started making sure I brought more fruits and vegetables with me to work so that I was eating better during the day.

So, lean meats, healthy fruits and vegetables, and nutritional development as well too with pre-natal vitamins and ensuring that those are onboard at least three months prior to conception.

But don't worry if you haven't done this and you find yourself pregnant and it wasn't a planned pregnancy. It's okay.

We're happy to work with you and we'll get you started on the right path.