

Healthy Lifestyles

Objectives:

- Identify biological changes caused by the stress response
 - Discuss the ACOG Guidelines for exercise during pregnancy
 - List strategies for teaching nutrition
- I. Maintaining a healthy lifestyle is a lifelong process
 - a. Pregnancy often provides the motivation to initiate changes
 - b. Developmental stages of pregnancy require numerous adaptations
 - II. Stress management
 - a. Stress is caused by both positive and negative events
 1. Stress response leads to biochemical changes
 2. Physical, emotional, and mental symptoms can result
 - b. Acquiring coping responses is valuable for labor and life
 - III. Nutrition – educator can be a role model
 - a. Serve nutritious snacks
 - b. Encourage food diaries and self-evaluation
 - c. Provide nutrition research and facts for pregnancy and lactation
 - d. Offer resources to those with special diets and needs
 - IV. Exercise
 - a. ACOG guidelines
 - b. Options for exercise ie swimming, yoga, water aerobics, walking
 - V. Potential threats
 - a. Alcohol, nicotine, and caffeine
 - b. Legal and illegal drugs
 - c. Hot tubs, baths
 - VI. Family safety issues
 - a. CPR and first aid
 - b. Auto safety – belts and car seats
 - c. Childproofing
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Healthy living is for life

Motivation

Stress Management

Physical, Emotional, Mental Symptoms can result

Stress causes biochemical changes

In labor excessive “stress hormone” production such as adrenaline leads to:

Decrease blood flow to uterus and placenta
Diminished uterine contractions
Prolonged labor
Fetal distress

Value is for pregnancy, labor, and life

Have nutritious snacks in class
Food diaries and evaluation
Pregnancy and breastfeeding facts
Address special diets i.e. vegan, diabetic

After 1st trimester avoid lying on back
Avoid brisk exercise in hot weather
Wear comfortable cool clothes
Wear supportive bra
Drink plenty of water
Be sure to consume the daily calories needed

Resources

fruitsandveggiesmorematters.org

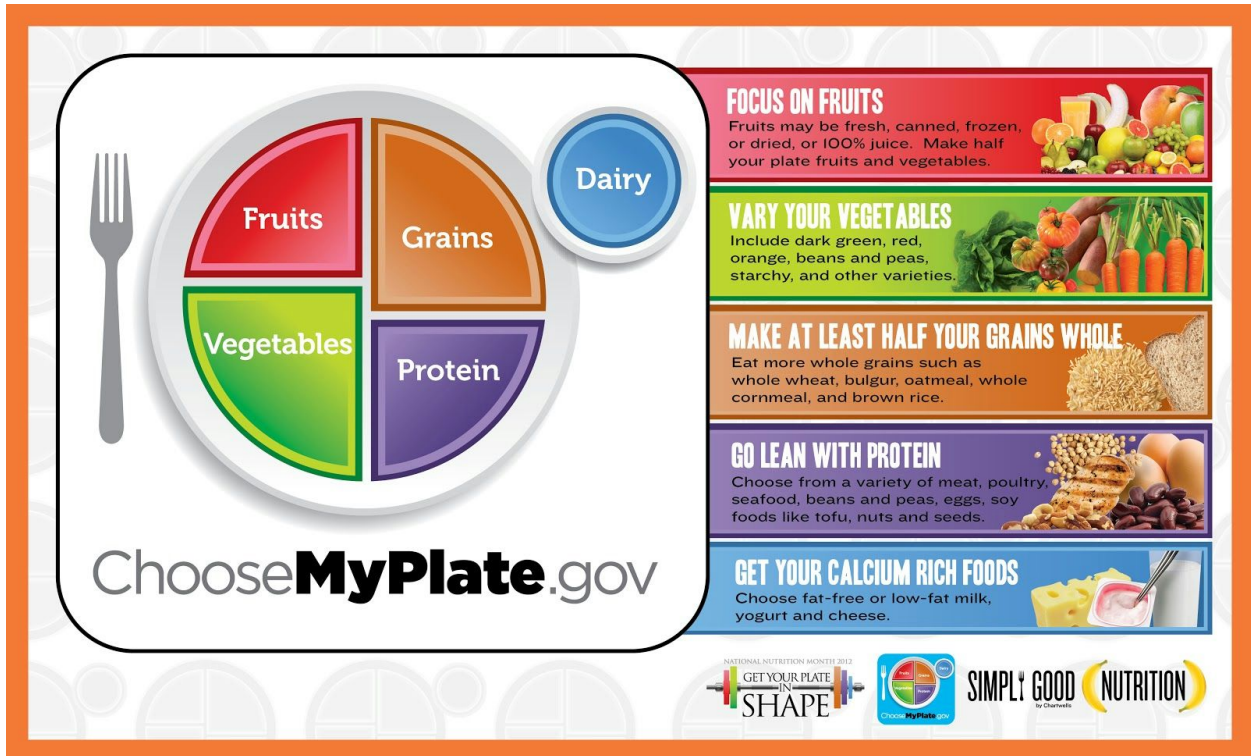
American Red Cross

National Highway Traffic Safety Administration (NHTSA.gov)

Steven Levitt Ted Talk - Surprising Stats about Child Car Seats

Review Objectives

What are strategies to teach nutrition?



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FOCUS ON FRUITS
Fruits may be fresh, canned, frozen, or dried, or 100% juice. Make half your plate fruits and vegetables.

VARY YOUR VEGETABLES
Include dark green, red, orange, beans and peas, starchy, and other varieties.

MAKE AT LEAST HALF YOUR GRAINS WHOLE
Eat more whole grains such as whole wheat, bulgur, oatmeal, whole cornmeal, and brown rice.

GO LEAN WITH PROTEIN
Choose from a variety of meat, poultry, seafood, beans and peas, eggs, soy foods like tofu, nuts and seeds.

GET YOUR CALCIUM RICH FOODS
Choose fat-free or low-fat milk, yogurt and cheese.

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What pregnancy exercise guidelines would you give?