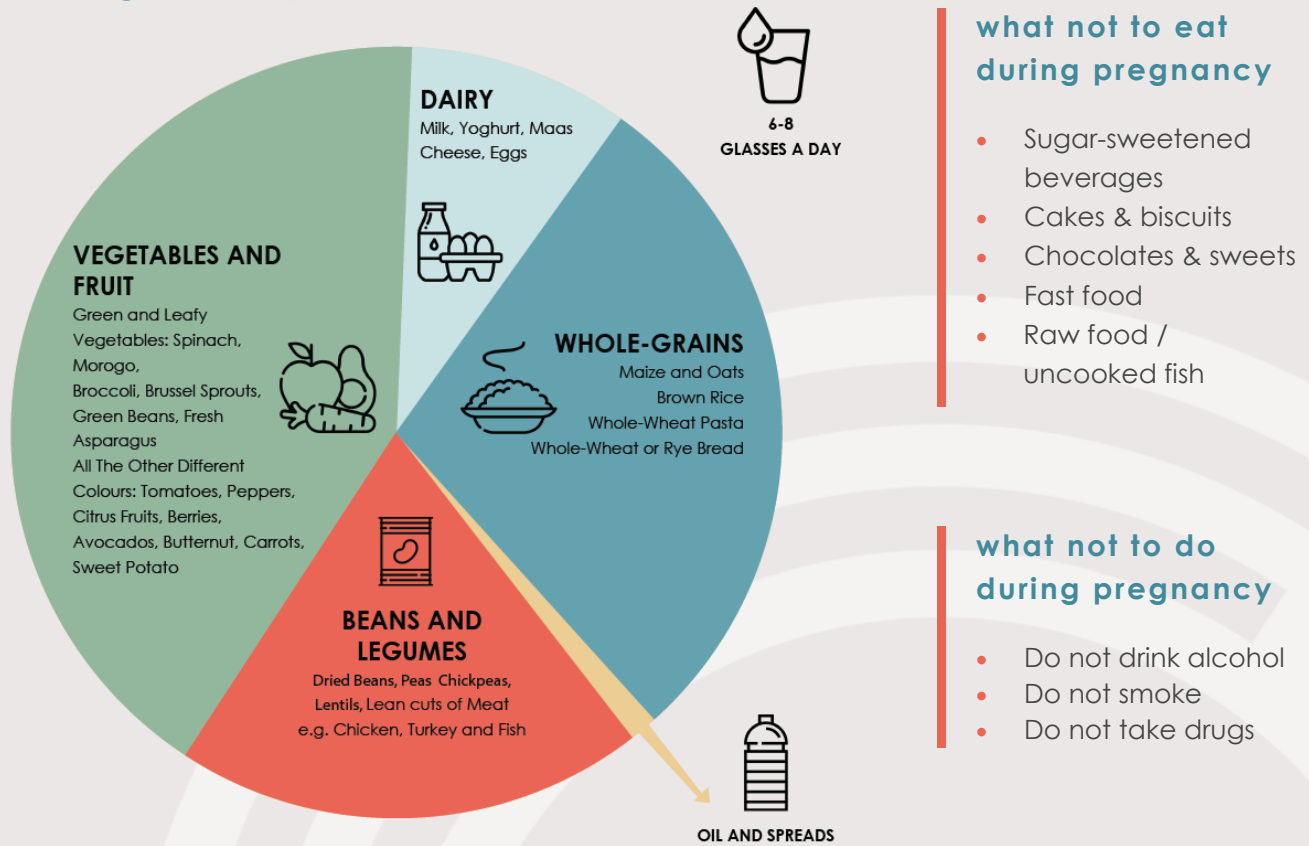


# healthy habits for pregnancy

## eating healthy food



### getting enough physical activity

These are activities that are safe during pregnancy:

- Walking
- Dancing
- Swimming
- Cycling
- Low-impact exercise
- Stretching and strengthening exercises

### practice calming exercises

- Breathe
- Take time out
- Talk to a friend
- Add a little joy to daily activities



### KEY MESSAGES:

- Take your pregnancy supplements daily (Iron, Folic acid, Calcium)  
To report Stockout of supplements at your clinic call or **SMS 084 855 7867**
- Continue to take your medication for HIV, TB and other chronic diseases
- Continue to go for your clinic visits