



# Physical activity.

## A step to a healthy baby.

Before, during and even after pregnancy, take a multi-vitamin containing folic acid every day, get regular medical checkups and screenings, and maintain a healthy weight with **daily physical activity** and a balanced diet.

To get tips for a healthy pregnancy, visit [www.floridahealth.gov](http://www.floridahealth.gov).  
For parenting resources, call **1-800-451-2229**.



 baby steps to a healthy pregnancy

