# **GUIDE TO A HEALTHY PREGNANCY**



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Weight gain during pregnancy throws off your centre of gravity, which puts extra pressure on your feet. This can cause painful flattening out of the feet. You may retain fluids too, which can make your feet and ankles swell. To prevent this, wear comfy shoes with good support. Many expectant moms find they need a larger shoe size even after they give birth, so go a size up if you need to.

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# Guide to healthy pregnancy Canada ca

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### Mayo Clinic Guide to a Healthy Pregnancy by Roger Harms

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### Guide to a Healthy Pregnancy Urdu

Organising your care early means you'll get good advice for a healthy pregnancy right from the start. You'll also have plenty of time to organise any ultrasound scans and tests that you may need.

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# Pregnancy week by week Healthy pregnancy Mayo Clinic

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### Mayo Clinic Guide to a Healthy Pregnancy From Doctors

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