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## **Exercise, Nutrition and Pregnancy: Keeping Two Generations Healthy!**

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### Exercise, Nutrition and Pregnancy: Keeping Two Generations Healthy!

Pregnancy is a complex time in a person's life. No, really – it's more than just growing a baby for 40 weeks. An individual's exercise and nutrition habits while they are pregnant could impact their risk of experiencing adverse pregnancy outcomes or developing obesity, diabetes, or cardiovascular disease. Healthy lifestyle choices during pregnancy can even help the growing fetus have better health outcomes, like better weight at birth and a lower risk of developing chronic disease after birth.

I am working to find the best way to help pregnant people begin being physically active and eating well during their pregnancies, and even after the baby is born. Starting early in pregnancy, individuals are introduced to an exercise and nutrition program that helps them gain appropriate weight throughout pregnancy. My work can help reduce the risk of chronic disease and improve the health of two generations: mom AND their baby!

By:

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