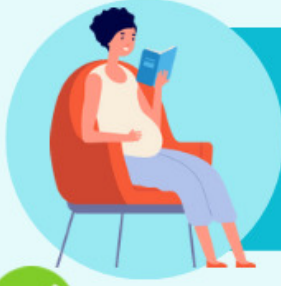


# DOS AND DON'TS DURING THE SECOND MONTH OF PREGNANCY

## Dos



Relax, and take ample rest



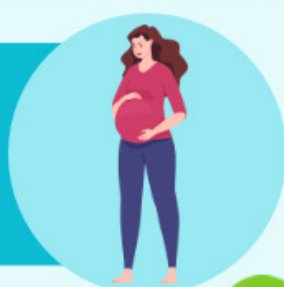
Drink plenty of water to stay hydrated



Maintain a healthy and balanced diet as recommended by your doctor or nutritionist



Consider wearing a supportive bra to prevent sagging Plan for a long journey



Engage in regular physical activity to keep yourself active and healthy



## Don'ts



Smoking and excessive alcohol consumption



Skip meals or eat less, as it might lead to gas formation



Take stress



Plan for a long journey



Wear tight-fitting and uncomfortable clothes

