



# Do you have questions about Food and Exercise?

Do what you can, with what you have, where you are. Theodor Roosevelt

## Staying healthy means:

- Eating well is choosing food that is a good source of energy. Food can affect our moods.
- Exercise will make you feel healthier. Any kind of exercise will help you breathe better and lower your stress.
- Exercise helps you to overcome depression.

## Eating well:

- Eat a few bites even if you are not hungry.
- Take snacks with you when you leave your home.
- Make extra food so you can freeze it to eat later.
- Prepare lots of veggies and keep them in your fridge to make healthy eating easy.
- Take a multi-vitamin.

## Getting started with exercise:

- Choose an exercise you enjoy.
- Take out exercise videos from the library.
- Walk with a friend.
- Exercising a little every day is more important than a long, hard workout.
- Find a walking/stroller program in your community.

**Postpartum depression is a treatable illness.  
It will end.**

**Talking to us is good for you and your baby.  
We can help. Call 403 205 5178**

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