

Physical Wellness During the Preconception Period

Health before pregnancy supports better outcomes for both parents and babies.

Everyday behaviors like reducing alcohol use, avoiding tobacco/vaping products, and engaging in regular physical activity can improve physical and mental well-being before pregnancy begins.

TOBACCO & VAPING

Nicotine can impact fertility and increase the likelihood of preterm birth.

Vaping is not a safe alternative to smoking, as a singular disposable vape often contains more nicotine than a pack of cigarettes.

ALCOHOL USE

Alcohol can disrupt early fetal development in the first weeks of pregnancy, often before someone knows they are pregnant.

Managing alcohol use prior to pregnancy can decrease the chance of pregnancy loss and birth defects.

PHYSICAL ACTIVITY

Regular movement supports heart health, reduces stress, and can help regulate hormones prior to pregnancy.



Action Steps to Increase Physical Wellness

TOBACCO & VAPING

- Notice when and why you reach for nicotine.
- Develop nicotine free spaces like inside the home or the car.
- Talk to a provider if you are interested in quitting.

ALCOHOL USE

- Pay attention to how alcohol makes you feel.
- Consider exploring non-alcoholic beverages as replacements.
- Choose alcohol free days each week.

PHYSICAL ACTIVITY

- Start with 5-10 minutes of walking daily. Anything counts!
- Add movement to activities you already do (errands, cleaning, phone calls).
- Focus on consistency!