



FIRST TRIMESTER

It's never too early to start nourishing yourself and the life you're growing!

In fact, the **first trimester** is the most **crucial to your baby's development.**

I can help support and empower you to **manage fatigue, anxiousness, nausea, hormonal mood swings, and combat against isolation** while your body does its magic building your baby!

Visit my site for full details!

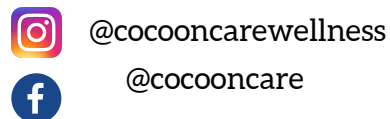


HEALTHY MOMS CREATE HEALTHY BABIES.

**Prenatal & Postnatal
corrective fitness & yoga classes
women's health coaching programs**

CONTACT ME

312-348-6283
info@cocooncare.com
www.cocooncare.com



FIRST TRIMESTER ESSENTIALS (1-13 WEEKS):

Choose a physician (OB, Midwife) that you can trust and that listens to your needs/wants.

Discuss with your physician testing your vitamin/mineral and hormone levels.

Implement prenatal nutrition to potentially ease morning sickness and keep energy levels up.

Up your water intake - 100 oz per day or more depending on your activity.

Create a prenatal fitness program. Staying active keeps fatigue, sickness, & anxiety at bay.

Get adequate rest.

Implement daily meditation.

Join a mom community - anxiety can be high, find a safe haven to discuss your worries.

Feeling overwhelmed? Reach out to our women's health coach for support.

Smile, you're having a baby!

