



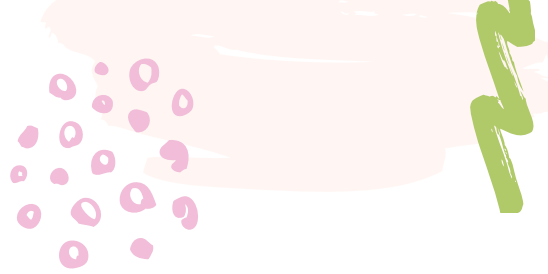
SECOND TRIMESTER

This is the time to prepare yourself for the evolution of the **physical body changes**.

I can help support and empower you to find your **renewed sense of well-being** after the first trimester sickness or queasiness and anxiety.

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

Visit my site for full details!



HEALTHY MOMS CREATE HEALTHY BABIES.

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

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SECOND TRIMESTER ESSENTIALS 14-27:

Continue your prenatal fitness program or start one! Try walking, swimming, prenatal yoga or fitness training.

Refocus or focus on prenatal nutrition. Now is not the time to decrease calories.

Keep up or start getting adequate rest! Possibly invest in a pregnancy pillow.

Staying hydrated even though the urge to pee is more.

Breathe. Take 5 minutes each day to check in to what you and baby need.

Start researching birth, breastfeeding & CPR classes, doulas, child care options, and women's health physical therapists in the area.

Get a pregnancy planner to stay organized.

Get comfortable! Maternity clothes may feel needed now.

Start a registry if planning to have a baby shower.

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

