

# The Complete Guide to Aqua Exercise for Pregnancy and Postnatal Health; 9781408192764; 2014; Bloomsbury Publishing, 2014; Sarah Bolitho, Vicky Hatch

The World Health Organization (WHO) envisions a world where every pregnant woman and newborn receives quality care throughout the pregnancy, childbirth and the postnatal period. Within the continuum of reproductive health care, antenatal care (ANC) provides a platform for important health-care functions, including health promotion, screening and diagnosis, and disease prevention. A.9: Vitamin D supplementation is not recommended for pregnant women to improve maternal and perinatal outcomes. A.10: For pregnant women with high daily caffeine intake (more than 300 mg per day), lowering daily caffeine intake during pregnancy is recommended to reduce the risk of pregnancy loss and low-birth-weight neonates. Context-specific recommendation (research) Not recommended. Your complete guide to: A healthy pregnancy Labour and childbirth The first weeks with your new baby. your complete guide. pregnancy. INTRODUCTION. This book brings together everything you need to know to have a healthy and happy pregnancy, and to make sure you get the care that is right for you. The guidance about pregnancy and babies does change. So it's important to get up-to-date, trusted advice so that you can make the right decisions and choices. Obesity is a significant health issue for women during pregnancy and the puerperium. It is well recognised that maternal obesity is associated with an increased risk of antenatal, peripartum and neonatal complications.3,4 Obesity not only has direct implications for the health of the pregnancy but also impacts on the weight of the child in infancy and beyond.5,6. There is little high level evidence on best practice management of obesity (i.e. body mass index greater than 30 kg/m2) in pregnancy and the puerperium from randomised trials. Discuss and develop a plan of care early in pregnancy with the woman in order to mitigate (where possible) antenatal, intrapartum and postnatal risks o Refer to Table 7. Risks of obesity in pregnancy. Aqua yoga: Harmonizing Exercises in Water for Pregnancy, Birth and Beyond. Francoise Barbira 4.6 out of 5 stars 5. Then you can start reading Kindle books on your smartphone, tablet, or computer - no Kindle device required. Apple.