

Avoid snacks that are high in fat, sugar and salt

Fries, poutine, chips

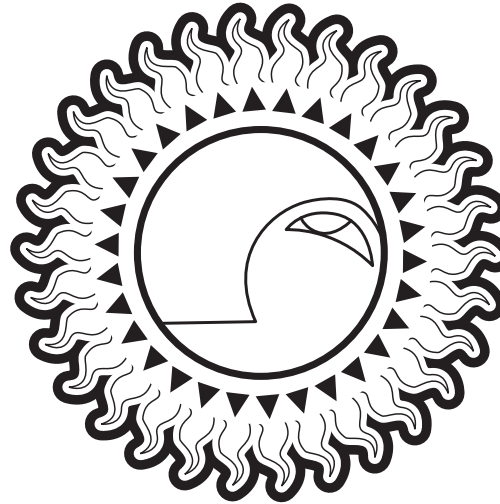
Chocolate bars, donuts, cakes, pies

Soda pop, iced tea

Make small changes in how well you
eat – this is how good habits stick.

Ask for help from others so that you
have time to take care of yourself.

A healthy mom: the best gift you can
give your baby.



The elders speak:

You know how **miyupimaatisi**u –
being so healthy when you were out on
the land – came about? You were
constantly on the move, doing things,
getting **exercise**. Your mind was doing
different things every day. There was no
stress because you were so busy...

Every time you woke up there was
pure, **clear air**. And everything you
used for your dwelling was clean, like
the boughs... If you want to know what
miyupimaatisiu is, try it! (J.C.)



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Version française disponible



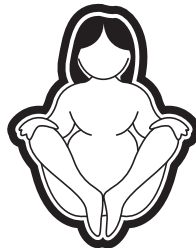
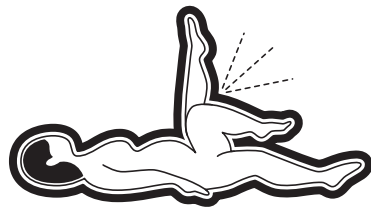
A Healthy Body After Baby is Born



Conseil Cri de la santé et des services sociaux de la Baie James
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Cree Board of Health and Social Services of James Bay

In the weeks after baby is born you may worry that your body is never going to look the way it did before pregnancy.

Some women have a hard time losing the weight they gain during pregnancy. With every pregnancy they may gain a little more until their weight is too high. This can lead to health problems.



Follow these tips to have a healthy body:

- ▶ Take a walk every day. Find a friend to visit... and walk there!
- ▶ Put on your radio and dance to it. Have fun, try to make baby laugh.
- ▶ Work to get your heart beating fast and your breathing hard.
- ▶ Stretch.
- ▶ Find time to rest and relax. Sleep when baby sleeps.
- ▶ Find a friend and join the local fitness center together.

Enjoy healthy eating, just like when you were pregnant:

- ▶ Choose healthy foods and snacks:
Fish and beans • Traditional meats • Vegetables • Fruits • Whole grain breads, whole grain cereals and whole grain pastas • Low fat milk (or calcium enriched soy milk) and dairy products
- ▶ Choose low fat cooking methods like baking, broiling, or boiling.
- ▶ When frying, use only a little bit of liquid vegetable oil.
- ▶ Trust yourself to know how much to eat
- ▶ Listen to your body's signals
- ▶ Set regular mealtimes
- ▶ Try to notice if you are eating for emotional reasons, and take time to look into these emotional needs.

