A healthier you is the first step to a healthy baby.

Baby steps to better health can deliver big results.

Before, during and even after pregnancy, take a multi-vitamin containing folic acid every day, get regular medical checkups and screenings, and maintain a healthy weight with daily physical activity and a balanced diet.

To get tips for a healthy pregnancy, visit **www.floridahealth.gov**. For parenting resources, call **1-800-451-2229**.

Florida HEALTH

♥ baby steps to a healthy pregnancy