

Healthy Pregnancy

During pregnancy, a woman's lifestyle not only affects her health, but the health of her child as well. Nutrition, lifestyle, exercise and stress management are all very important. LifeQuest wants to help you learn how to protect yourself and your child.

Pregnancy Links

- [Dr. Koop's Community: Pregnancy and Birth](#)
- [The Whole Nine Months](#)
- [Pregnancy and Childbirth Information](#)
- [Pregnancy Today Online](#)
- [Mayo Health Oasis: Pregnancy and Child Health](#)