

**MS10 VT01 Your Changing Body v1**

[Music]

The last three to four weeks of pregnancy can be pretty uncomfortable for a lot of women. So their body is starting to prepare to have a baby so it means some of their leg muscles might be getting tired or sore, just difficult time sleeping but also just getting excited and maybe a little nervous for labor as well.

I think the hardest time of the pregnancy was maybe the last month just because you're anticipating the baby's arrival and you're getting really big and it's harder to move around but I'd do it again, you know, it's a gift; a little one like this, I'd do it again.

All I remember from my pregnancy is that the last month is really hard. Well, I'm here now and I can't tell that I'm sleep-deprived or that I can't move around or I can't turn or, you know, toss and turn, I don't have issues. I still sleep very well.

Eating a balanced diet, trying not to eat a lot of extra cookies, candies, sweets. Continuing to do your daily routine can be helpful. Continuing work can be a good way to keep your mind kind of off of the nervousness.

Trying to make sure you're getting enough rest, good nutrition, regular activity; it can be getting harder to move around in the third trimester as you're getting bigger and so considering just low impact walking or yoga or water aerobics if you have access to a pool can be great ways to stay active and healthy during your pregnancy.

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[End of recording]