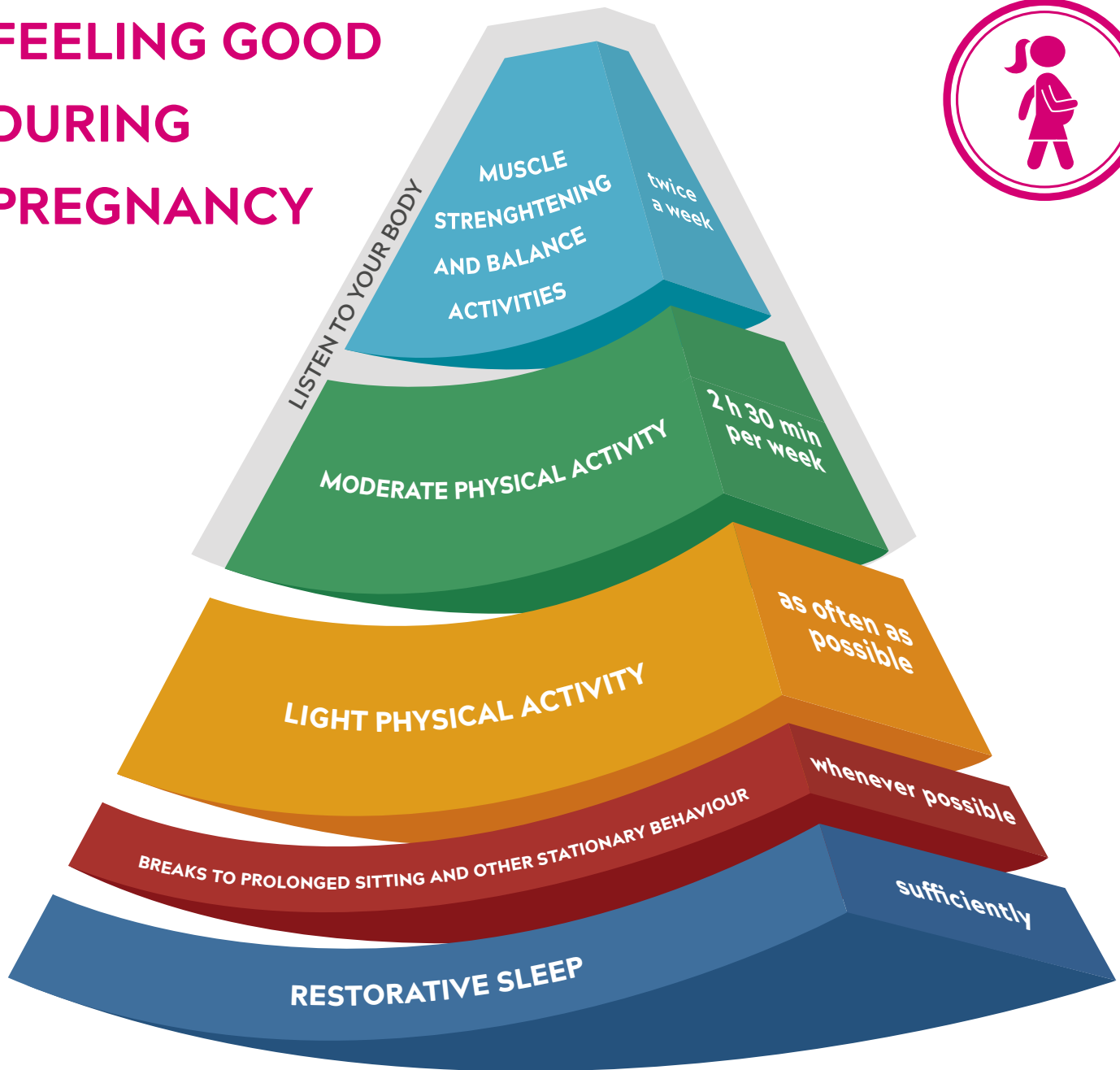


FEELING GOOD DURING PREGNANCY



Weekly physical activity recommendation during pregnancy (uncomplicated pregnancy)