



# Pre Post Pregnancy Diet Program | Eating Fit

Visit Eating Fit, Here Dr. Payal Agarwal explain how [pre post pregnancy diet](#), exercise and even sleep can help you reach your pre-baby weight.



**Eating Fit**<sup>TM</sup>  
Nutrition | Fitness | Mindset



## **PRE/POST PREGNANCY DIET PROGRAM**

Parental health is key to a healthy pregnancy. After all, healthy parents are more likely to have healthy babies. Remember, taking good care of yourself is the best way to take care of your baby.

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### **What Outcomes/Result You will Get by Diet Plan?**

1. Reduces Pregnancy Complications
2. Reduces Incidence of Birth Defects
3. Ensures a Healthy Weight for your Baby
4. Helps You Lose Weight Faster
5. Healthy Body
6. Diminishing Fatigue & Exhaustion

### **What Problems are Addressed?**

1. Pregnancy Trimester Health Issue
2. Post-Pregnancy Health Issue
3. Loss of Energy
4. Fatigue or Weakness in the Body



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### **What are the Steps included by that You will Get Your's Personal Diet Plan?**

1. Acquiring detailed information about health history and persisting problems
2. Providing a Suitable Diet Plan
3. Encouraging Lifestyle Changes
4. Monitoring Results through Frequent Follow-ups



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