

# PURSUIT

APRIL 2023

Florida Blue   
BetterYou 

A monthly wellness newsletter from Better You

## What to expect in the third and fourth trimester of pregnancy

You only have a few months to go. During the third trimester, weeks 28-40, you will experience many changes as you and your baby grow. Here's what you can expect:

### Your body

- The baby's movements will feel stronger.
- You may have contractions which can be false or true labor pains.
- You may feel short of breath. Breathing should get easier once the baby moves down.
- More frequent urination can occur due to the baby pressing down on your bladder.
- Your ankles and feet may swell. Lying down and putting your feet up may help.
- Before your milk comes in, a yellow watery fluid may leak from your nipples.
- Your cervix may thin and begin to open as it prepares for birth.

### Your baby

- Can open and close its eyes and suck its thumb.



- Responds to light and sound.
- Stretches, kicks, and rolls around.
- The brain and lungs are still growing.
- Gains about ½ pound a week in the last month of pregnancy.
- Usually moves to a head-down position.
- Changes in hormones.
- Pain/discomfort or postpartum bleeding.
- Problems with feeding or other newborn care.
- Depression, anxiety, or both.

Care and treatment can make life better for you and your family.

### The fourth trimester

The first 12 weeks after delivery is the fourth trimester, also known as the postpartum period. It is a time of recovery after giving birth, as well as a time of adjustment for both mom and baby. To make sure you are healing well from the birth, postpartum care is very important. Talk to your healthcare provider if you experience any of these symptoms:

- Poor sleep, fatigue.

If you are currently pregnant and have a Florida Blue health plan, you are eligible to enroll in the Healthy Addition® Prenatal Education Program. Contact us via email: [HealthyAddition@FloridaBlue.com](mailto:HealthyAddition@FloridaBlue.com) or Call: 1-800-955-7635 option 6

Resource: [WebMD](#)

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# Get in the zone: 7 exercises to help you get started

We all know that daily physical activity is important for our health, but with so many options it may be hard to get started. Check out these exercises to help you make the most out of your workout.

- 1. Walking** – This cardiovascular exercise strengthens the heart and burns calories. It's an exercise you can do anytime and anywhere.
- 2. Interval training** – Give your workout an added boost by varying your pace throughout the exercise. Try to increase the intensity and pace for a minute or two, then back off anywhere from 2 -10 minutes throughout your workout.
- 3. Lunges** – A functional movement that increases strength in your legs and

quadriceps and helps build balance. Try stepping forward, backwards and to the side to make this move even more functional.

- 4. Abdominal crunches** – Do with proper form to target the abdominal muscles and strengthen your core by using your body weight.
- 5. Pushups** – This is the most tried and true body weight movement, building strength in the arms, core, and chest. Plus, there are ways to make pushups easier or more challenging.
- 6. Bodyweight squats** – These are valuable for your legs, glutes, and core. Choose from several variations to keep your workout interesting.



- 7. Bent over rows** – This exercise works all the major muscles of the upper back as well as the biceps, resulting in trunk stability and better posture.

Before starting a new exercise program, you may want to ask your doctor for exercise recommendations that are right for you. Once you get started, a fitness professional can help make sure you are doing the exercises correctly and safely.

[Click here](#) to join us for a live webinar about the benefits of exercise, Tuesday, April 11, 2023, at 1:00 p.m. ET.

Resource: [WebMD](#)

## Quinoa with Peas & Lemon (Serves 6)

### Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 shallot, chopped
- 1 (10 ounce) package frozen peas
- 2 cups cooked quinoa
- Zest of 1 lemon
- ¼ cup crumbled goat cheese
- ¾ teaspoon salt
- ½ teaspoon ground pepper

### Directions:

Heat oil in a large skillet over medium-high heat. Add shallot and cook, stirring, until softened, about 2 minutes. Stir in peas and quinoa; cook, stirring often, until heated through, about 5 minutes. Stir in lemon zest, goat cheese, salt, and pepper.



Recipe courtesy of [Eatingwell.com](#); for nutritional information click [here](#).

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