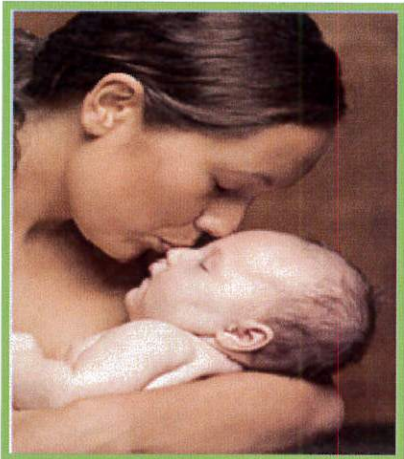


Did you know?



By Losing weight, you can reduce your risk of :

- Diabetes
- Heart Disease
- Cancer
- High Blood Pressure



Remember, you are your baby's first teacher.

Healthy habits start with mom.

Participate in

Choose Health LA Moms

Are you interested in participating?

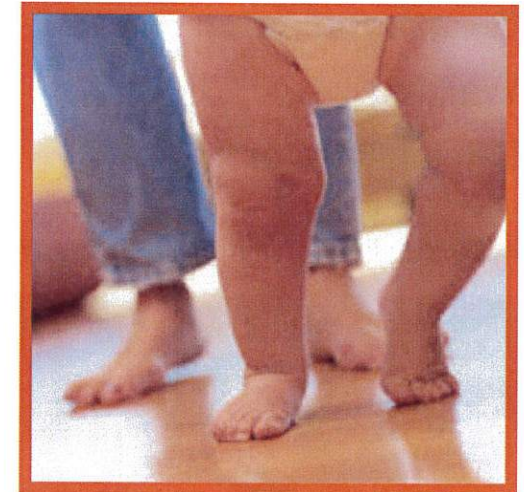
- You must have access to the internet using a smartphone or computer
- You must enroll before 2 weeks postpartum
- You must be 18 years or older
- You must be available to speak to a staff member once a week by phone.
- You must respond to a short survey once a month

Compensation:

- You will receive a monthly \$40 Ralphs/Food4Less gift card – up to \$240 cards for participating in the 6-month program.

Contact:

lamoms@ph.lacounty.gov



Baby Steps to a Healthier You



What is *Choose Health LA Moms?*

A program to help new mothers get to a healthier weight.

The focus is on:

- Breastfeeding
- Walking
- Drinking water

Breastfeed



Walk

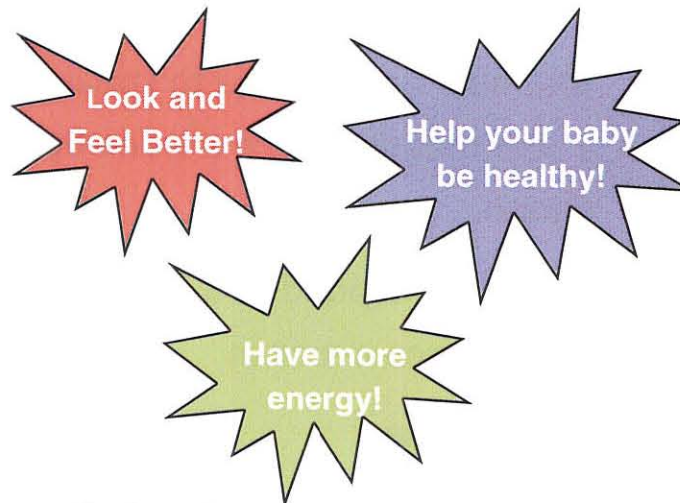


Drink Water



Why participate in *Choose Health LA Moms?*

- It's easy, free, and fun!
- You can participate from your smartphone or computer
- Learn ways to be active with your newborn
- Lessons are specific to new moms



- Online lessons
 - Text message reminders
 - Support from other mothers
- Communication via social media

Learn about:

- Nutrition
- Breastfeeding
- Exercise
- Stress Management
- Birth Control



¿Que es *Choose Health LA Moms*?

Es un programa para ayudar a nuevas mamás perder peso.

El enfoque está en tres acciones:

- Amamantar
- Caminar
- Tomar agua



¿Porque participar en *Choose Health LA Moms*?

- Es fácil, gratis, y divertido!
- Puede participar desde su smartphone o computadora
- Aprenda maneras de hacer ejercicio con su recién-nacido
- La información es basada para nuevas mamás



- Lecciones por internet
- Recordatorios por mensaje de texto
- Apoyo de otras mamás
- Comunicación por medios sociales

Aprenda de:

- Nutrición
- Amamantar
- Ejercicio
- Manejar el estrés
- Anticonceptivos

