

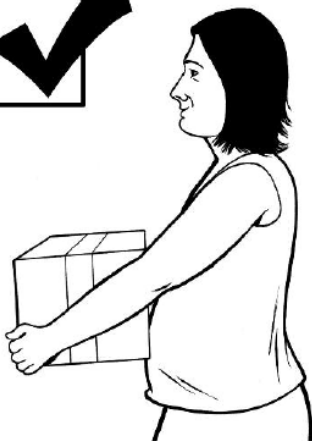


6 Problems in pregnancy

Common minor problems

To avoid backache

Avoid heavy lifting. Bend your knees and keep your back straight when lifting things off the floor.



If you do have to carry anything heavy, hold it close to your body.

Wear flat shoes as these allow your weight to be equal in both your feet.

