

Did you know?

By losing weight, you can reduce your risk of:

- diabetes
- heart disease
- cancer
- high blood pressure



Healthy habits start with mom.



Remember, you are your baby's first teacher.

Participate in Choose Health LA Moms

- Enroll up to two weeks after you have your baby
- You must have internet access using a smartphone or a computer
- You must live in Los Angeles County

JOIN NOW!



For more information go to:

publichealth.lacounty.gov/mch/LAMOM/LAMOM.htm

or contact

LAMoms@ph.lacounty.gov

ChooseHealthLAMoms.com



Baby Steps
to a
Healthier
You



What is Choose Health LA Moms?

A program to help new mothers get to a healthier weight by providing resources to overcome common barriers to health and by focusing on:

- Breastfeeding



- Walking



- Drinking water



Choose Health LA Moms is...

- Free, easy and fun!
- Smartphone and computer compatible

You will...

- Learn ways to be active with your newborn
- Receive motivational text messages
- Gain support from other new mothers through social media



Look and feel better

Have more energy

Help your baby be healthy

Learn about:

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

