Show your love.

Your future is filled with many possibilities and choices. The demands of everyday life are great. It's important to show yourself some love so that you'll be ready to take on the world.

What can you do?

- Choose behaviors like eating a healthy diet, being physically active and taking folic acid every day.
- Stop smoking, using street drugs, and drinking excessive amounts of alcohol.
- Get screened and tested for possible medical problems like infections or diabetes.
- Talk with your doctor about how to best manage your medical conditions.
- Make sure your vaccinations are up-to-date.
- Get mentally healthy.
- Get regular checkups at least once a year.
- Use an effective method of contraception correctly and consistently to prevent pregnancy.

For more information on how to improve your health now, talk with your doctor and visit **www.cdc.gov/showyourlove.**

Your Body Will Thank You For It!

Show Your Love Preconception Health

Centers for Disease Control and Prevention
National Center on Birth Defects and Developmental Disabilities

1-800-CDC-INFO