

GETTING STARTED IS EASY!

Speak to your GP, midwife or obstetrician today about joining Get Healthy in Pregnancy.

You can also:



Phone: 1300 806 258



Register on our website:
www.gethealthy.sa.gov.au



Start a healthy discussion that is all about you, your baby, and your family.

1300 806 258

Monday - Friday | 8am - 8pm

www.gethealthy.sa.gov.au

get healthy
in pregnancy



Public - I1 - A1



www.ausgoal.gov.au/creative-commons

© Department for Health and Ageing, Government of South Australia.
All rights reserved. FIS: 16156.3 December 2016

get healthy
in pregnancy

get healthy
in pregnancy

Do you want to get healthy in pregnancy?

FREE

TELEPHONE HEALTH COACHING SERVICE

See inside to find out how

get healthy
Information & Coaching Service



Government of South Australia
SA Health

Get Healthy in Pregnancy is a program of the Get Healthy Information & Coaching Service®

1300 806 258

Monday - Friday | 8am - 8pm

www.gethealthy.sa.gov.au

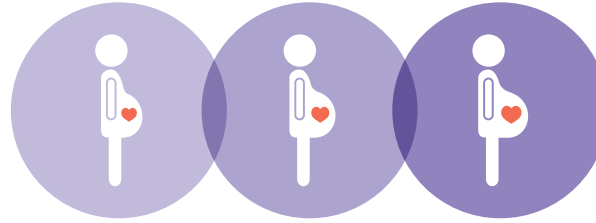
ABOUT GET HEALTHY IN PREGNANCY

Get Healthy in Pregnancy is a free, confidential information and telephone coaching program for pregnant women in South Australia aged 18 years and over.

The program will support you to make lifestyle changes regarding:

- Achieving and maintaining a healthy weight during pregnancy
- Healthy eating for you and your family
- Ideas for staying active while you are pregnant

Get Healthy in Pregnancy can help you foster healthy lifestyle choices that benefit you and your family. The information and coaching program complements the antenatal care you receive from your GP, midwife or obstetrician.



WHY IS MANAGING YOUR WEIGHT GAIN DURING PREGNANCY IMPORTANT?

Too much or too little weight gain during pregnancy can place you and your baby at risk of complications during pregnancy, at birth and later in life.

Eating well and being active during pregnancy is important for your health and the health of your baby.



WHAT GET HEALTHY IN PREGNANCY OFFERS

You can choose one of two program options in Get Healthy in Pregnancy.


- 1) The information only option provides you with a printed information package, plus a single information and advice session with a health coach.
- 2) The telephone coaching option provides you with up to 10 coaching calls with your own health coach. In addition, you will be provided with a printed information package and a coaching journal to write down your health goals and actions.

MAKE CONTACT WITH YOUR HEALTH COACH NOW

Your Get Healthy in Pregnancy coach will be available to you throughout your pregnancy and in the early postnatal months to support you in:

- Achieving a healthy weight gain during pregnancy
- Developing personal health goals
- Returning to your pre-pregnancy weight, or losing any extra baby weight that you may have gained
- Helping you to stay motivated
- Creating solutions for a healthier lifestyle during pregnancy and after your baby is born.

Benefits of eating healthily and being active during pregnancy include:

- | | | | |
|--|---------------------------|---|---|
|  | Better sleep |  | More energy |
|  | Less lower back pain |  | Feel less stressed or anxious |
|  | Less nausea and heartburn |  | An easier labour |
|  | Better bowel habits |  | Easier to return to your pre-pregnancy fitness and weight |



Speak to your
**Get Healthy
in Pregnancy**
health coach