

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

### WHY IS MANAGING YOUR WEIGHT 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.



(CPI) 170435

## START A HEALTHY DISCUSSION THAT IS ALL ABOUT YOU, YOUR BABY AND YOUR FAMILY



Information & Coaching Service

Call **1300 806 258**

Mon – Fri / 8am – 8pm

or visit

[www.gethealthynsw.com.au](http://www.gethealthynsw.com.au)

Free interpreter services available

 NSW Get Healthy Service



**FREE** TELEPHONE HEALTH COACHING SERVICE

## DO YOU WANT TO GET HEALTHY IN PREGNANCY?



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## ABOUT THE SERVICE

Get Healthy in Pregnancy is a **FREE** and confidential phone based service. It is open to all women aged 16 years and over. Your own university qualified health coach will help you:



Eat healthily



Get active and stay active



Achieve a healthy weight gain in pregnancy



Drink no alcohol



## WHAT THE SERVICE OFFERS

- Your own personal health coach throughout your pregnancy
- 10 confidential coaching calls over six months
- Support to make healthy lifestyle choices during pregnancy and after your baby is born
- Support to help you return to your pre-pregnancy weight
- Motivation and support to set your own healthy lifestyle goals
- Information and a journal to help you track your goal and actions
- Help to overcome any problem areas
- Option to re-enrol for coaching or get six months of SMS based coaching for FREE.



**GETTING HEALTHY  
IS JUST A PHONE CALL  
AWAY**

## ARE YOU A GENERAL PRACTITIONER OR HEALTH PROFESSIONAL?

You can support your clients by referring them to Get Healthy in Pregnancy. For referral forms and more information visit [www.gethealthynsw.com.au](http://www.gethealthynsw.com.au)

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



A shorter, easier and more active labour



Better bowel habits



Easier to return to your pre-pregnancy fitness and weight