



"My coach was lovely and easy to talk to. She seemed very understanding of my situation and not once did I feel she was passing any judgement."

Meagan, 25 - Murrumbidgee, NSW

Healthy weight gain in pregnancy

As bub grows, it's normal to gradually gain weight during your pregnancy.

Gaining a healthy amount of weight in pregnancy can help reduce serious health risks to you and bub.

The pregnancy weight gain calculator on our website is free to use and can help you find out your ideal weight gain.

www.gethealthynsw.com.au/healthier-you/healthy-in-pregnancy



Have a yarn about your mob getting healthy today

1300 806 258

Mon – Fri / 8am – 8pm

www.gethealthynsw.com.au

 NSW Get Healthy Service

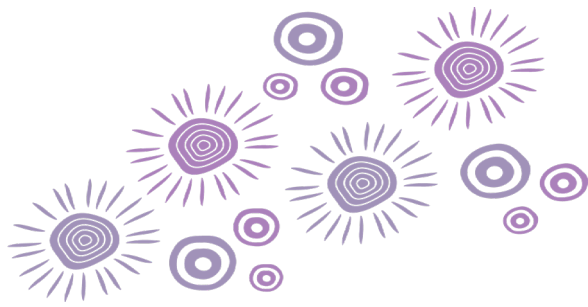


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Get Healthy in Pregnancy

FREE
PHONE HEALTH COACHING SERVICE





About the Service

The mob at Get Healthy in Pregnancy provide a **FREE** phone coaching service for women aged 16 years and over.

A health coach will help you along the way to:



Eat healthy foods



Get active and stay active



Have a healthy weight gain in pregnancy



Not drink alcohol or smoke when you are pregnant or breastfeeding



Stay healthy after bub is born



What the Get Healthy mob offer

- Your own health coach to support you make healthy choices during pregnancy and after bub is born
- Up to 13 coaching calls
- A Get Healthy Service dedicated Aboriginal Liason Officer available
- Information and resources to support you
- Option to re-join or try SMS coaching

Yarn to the Get Healthy Service about the program and how they can support you today

Benefits

Get Healthy can increase your chance of having a healthy pregnancy. There are lots of benefits for you and bub:



Better sleep



More energy



Less lower back pain



Feel less stressed



Less nausea and heartburn



Have the best chance of a shorter, easier and more active labour



Reduce the risk of bub having serious health problems



Easier to return to your pre-pregnancy fitness and weight

Want to know more?
Speak to your:

- Midwife
- Aboriginal Health Worker
- GP or doctor
- Or call us today