



## Get Healthy in Pregnancy

Call 1300 806 258

Monday to Friday 8am to 8pm  
Saturday 9am to 5pm

Register online at  
[gethealthynsw.com.au/pregnancy](https://gethealthynsw.com.au/pregnancy)



Free access to interpreter services and the National Relay Service is available.

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Looking after your health and wellbeing during pregnancy can help you give your baby the best start to life



## Get Healthy in Pregnancy

Keeping mob healthy through pregnancy





Get Healthy in Pregnancy is a free program that supports Aboriginal and Torres Strait Islander women to stay healthy during and after pregnancy.

## What are the benefits?

We'll help you set health goals that matter to you and give you support to stay on track.

Eating well and keeping active during pregnancy can help you:



sleep better



improve your digestion



lessen lower back pain



have more energy



have a more active labour



improve your wellbeing



## What's involved?

Get Healthy in Pregnancy fits in with your life. You will get coaching over the phone and online at times that suit you, plus extra support through emails and texts.

When you join Get Healthy in Pregnancy, you'll get:

- support from Aboriginal health coaches
- 6 or more regular phone and video coaching calls
- tools and guides to help you stay on track
- help to get through any blocks to reaching your health goals
- emails and texts to support you
- reminders about appointments

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



Our Aboriginal health coaches will help you to:

- eat well and be physically active
- improve your health and wellbeing
- stay on track and motivated
- gain a healthy amount of weight in pregnancy
- avoid drinking alcohol
- return to a healthy weight after birth
- access support to quit smoking

