

## Getting started is easy!

Speak to your Aboriginal health worker, doctor or midwife today about joining Get Healthy in Pregnancy.

You can also:



**Phone:** 1300 806 258



**Register on our website:**

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



**Email:** [contact@gethealthynsw.com.au](mailto:contact@gethealthynsw.com.au)

with your details and a health coach will call you.



Call today and start your **Get Healthy in Pregnancy** journey.



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

**1300 806 258**

Monday - Friday 8am - 8pm

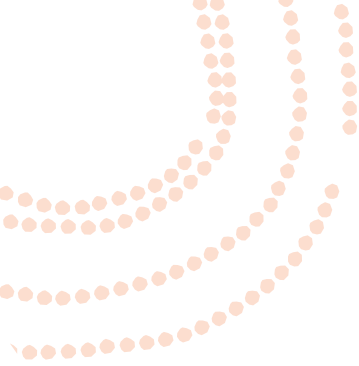
[www.gethealthynsw.com.au](http://www.gethealthynsw.com.au)

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

# Do you want to get healthy in pregnancy?

**FREE**  
Telephone  
Health  
Coaching  
Service





## About Get Healthy in Pregnancy

**Get Healthy in Pregnancy** is a free, confidential information and telephone coaching program for pregnant women in NSW aged 16 years and over.

The program will support you during pregnancy to:

- Achieve and maintain a healthy weight
- Eat healthily
- Stay active.

### 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



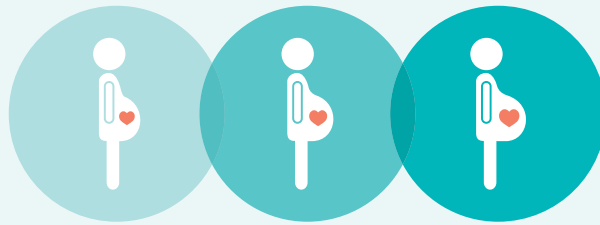
An easier labour



Better bowel habits



Easier to return to your pre-pregnancy fitness and weight



## 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 for the health of your baby.



## What Get Healthy in Pregnancy offers

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

1. The **information only** option provides you with an information package to support you with your health goals.
2. The **telephone coaching** option provides you with up to 13 coaching calls with your own health coach, plus an information package, a pregnancy diary and a coaching journal to write down your health goals and actions.



## Talk with your health coach now

Your **Get Healthy in Pregnancy** coach can help you with:

- Achieving a healthy weight gain during pregnancy
- Returning to your pre-pregnancy weight or losing any extra baby weight
- Developing your personal health goals
- Staying motivated.

