

Health Living in Pregnancy

Building Healthy lifestyles for the future

The Healthy Living in Pregnancy programme offers Dietitian and midwifery support to expectant mums to be who are overweight at the start of their pregnancy.

Health professions have come together to run this unique programme for pregnant mums living in the City. So, if you are pregnant and want to know more about health eating, body changes and exercise then this is a good place to start.

Why should we be active and eat healthy during our pregnancy?

There are many positive reasons why exercise and the right food will help both mum and baby during pregnancy.

Being **active** helps you to cope better with the physical demands of both pregnancy and labour.

- It will reduce your blood pressure, increases your energy and help you sleep.
- Walking is a great form of exercise during pregnancy.

Eating **healthily** during your pregnancy means your baby receives good nutrition too.

- Maintaining a healthy weight during pregnancy also means a more comfortable pregnancy and fewer complications at birth.

Who is this programme for?

Specifically tailored for mums to be with a BMI of 30 and above at booking. Your BMI will be worked out at your very first appointment with your midwife, details of this will be in your notes alternatively, if you are still unsure of what yours is please contact your midwife

What to expect?

Dietitian and Midwifery support and advice alongside an exercise session. Topics covered will include:

- Information and support for your pregnancy and health
- What to eat during and after pregnancy
- Advice to feeling good about your pregnancy
- Free massage and relaxation offered at certain sessions

How you join?

Speak to your Midwife or call our team to book on 0116 2227170 / 07717 694 344

What to bring?

Please bring your pregnancy medical notes to your first session along with a bottle of water to drink.

Where are the sessions?

New Parks Leisure Centre and Aylestone Leisure Centre, please contact us to find out more.

These sessions also count as antenatal appointments and your first sessions is FREE