

PHYSICAL ACTIVITY

Aim for 30 minutes most days

- Start slowly and gradually increase the amount of physical activity you do.
- Aim to make your heart beat faster.
- Listen to your body and drink plenty of water.

The benefits of physical activity:

- Reduces risk of complications.
- Helps prepare you for labour and recovery
- Can help nausea, heartburn and constipation.
- Lowers stress and helps you sleep better.

Give these activities a go



Give these activities a miss



Low oxygen can harm your unborn baby Risk of injury to abdomen

WELLBEING

No two pregnancies are the same

Everybody responds differently to changes during pregnancy.

- Changes in blood pressure, blood sugar and hormone levels can make women feel more tired.
- Sleep is important for physical and mental health.
- Some days you may feel full of energy, some days you might feel a bit low.
- When having a low day take care of yourself—go for a short walk or catch up with a friend.
- If you're feeling low for more than a few days, talk to your health professional.

Partners and support networks

Supports come in all shapes and sizes — partner, friend, sibling, neighbour and health care professionals.

Your support network can help you with:

- transport to appointments
- household tasks
- preparing healthy meals
- babysitting
- staying active and having fun.

FOR MORE INFORMATION AND TIPS ON NUTRITION, PHYSICAL ACTIVITY AND SUPPORT TALK TO YOUR DOCTOR OR VISIT: health.gov.au/health-topics/pregnancy-birth-and-baby

THE HEALTHY MUM-TO-BE

Eating well and staying active in pregnancy for your baby's health and development




Australian Government
Department of Health

**GROW
POSITIVE** 
a guide to a healthy pregnancy

THREE STEPS TO A HEALTHIER MUM AND BUB



Vital steps all mums-to-be can take to keep themselves and their babies healthy

- Eat nutritious food to help your baby develop.
- Stay active to prepare your body for labour and recovery.
- Reach out if you need support.

EAT FOR YOU NOT FOR TWO

Power foods for pregnancy

- Eating for two in pregnancy is a myth.
- In the 2nd and 3rd trimesters you may need some extra food to provide nutrients for the growth of your baby.
- Eating a little more vegetables, lean protein and wholegrains each day is all you'll need.
- For example, 1.5 wholegrain sandwiches with salad and protein (such as a hard-boiled egg).



Vegetarian or Vegan

You can replace animal foods with lentils, beans, tofu, and soy milk. Talk to your health professional about whether you need supplements to ensure you get the right nutrients for your baby's development.

FOODS TO AVOID

