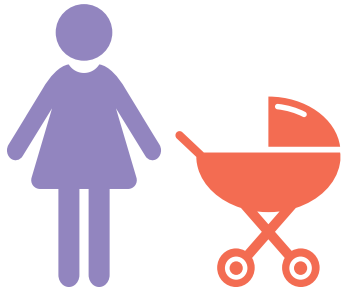


Your Get Healthy coach will be available to you throughout the program to support you in:

- achieving a healthy weight gain
- developing personal health goals
- returning to your pre-pregnancy weight, or losing any extra baby weight that you may have gained
- helping you to stay motivated
- creating solutions for a healthier lifestyle during pregnancy and after your baby is born.



Speak to your  
**Get Healthy in Pregnancy**  
health coach.

*get healthy*<sup>®</sup>  
in pregnancy

### Getting started is easy!



**Phone: 13HEALTH (13 43 25 84)**

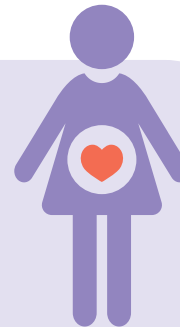


**Register on our website:**  
[www.gethealthy.qld.gov.au](http://www.gethealthy.qld.gov.au)



**Your GP, midwife or obstetrician can also refer you to the Get Healthy in Pregnancy program.**

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



Do you want  
to get healthy  
in pregnancy?

**FREE**  
TELEPHONE  
HEALTH COACHING  
SERVICE

*get healthy*<sup>®</sup>  
in pregnancy



Queensland  
Government

SIMPLY CALL  
**13 HEALTH**  
**(13 43 25 84)**

Monday - Friday | 8am - 8pm  
[www.gethealthy.qld.gov.au](http://www.gethealthy.qld.gov.au)

## About Get Healthy in Pregnancy

**Get Healthy in Pregnancy** is a free, confidential information and telephone coaching program for Queensland women over the age of 16, who are planning a pregnancy, are currently pregnant, or have recently given birth.

The program supports you to:

- achieve and maintain a healthy weight
- eat healthily
- stay active.

### Benefits of eating healthily and being active before, during and after pregnancy include:



Better sleep



More energy



Less lower back pain



Feeling less stress or anxiety



Less nausea and heartburn



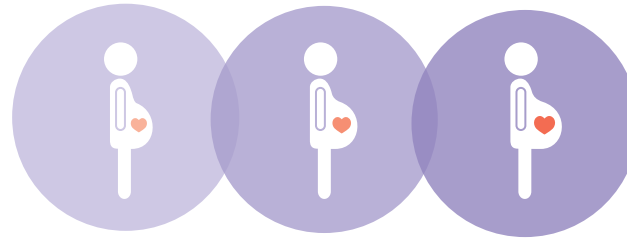
An easier labour



Better bowel habits



An easier return to pre-pregnancy fitness and weight



## Why is managing your weight gain before, during and after pregnancy important?

Before falling pregnant, it is important to eat a healthy well-balanced diet, full of vitamins and minerals. In consultation with your doctor, take folic acid and iodine supplementation. Stop drinking alcohol and quit smoking.

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 and after pregnancy is important for your health and the health of your baby.



There is no need to **'eat for two'**

## What Get Healthy in Pregnancy offers

You can choose one of two program options:



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 and coaching journal to write down your health goals and actions.

It is important to **stop drinking alcohol** as soon as you know you are pregnant.

