



Support is just a call away

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

Get started on your healthy pregnancy journey today

Get Healthy in Pregnancy

Free health coaching to help you stay healthy in pregnancy, birth and beyond

Call 1300 806 258
Monday to Friday, 8am to 8pm
Saturday 9am to 5pm

gethealthynsw.com.au/get-healthy-in-pregnancy

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



Scan the QR code to visit the Get Healthy in Pregnancy website today



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Get Healthy in Pregnancy

About the service

The Get Healthy Service® is completely free and tailored to your needs.

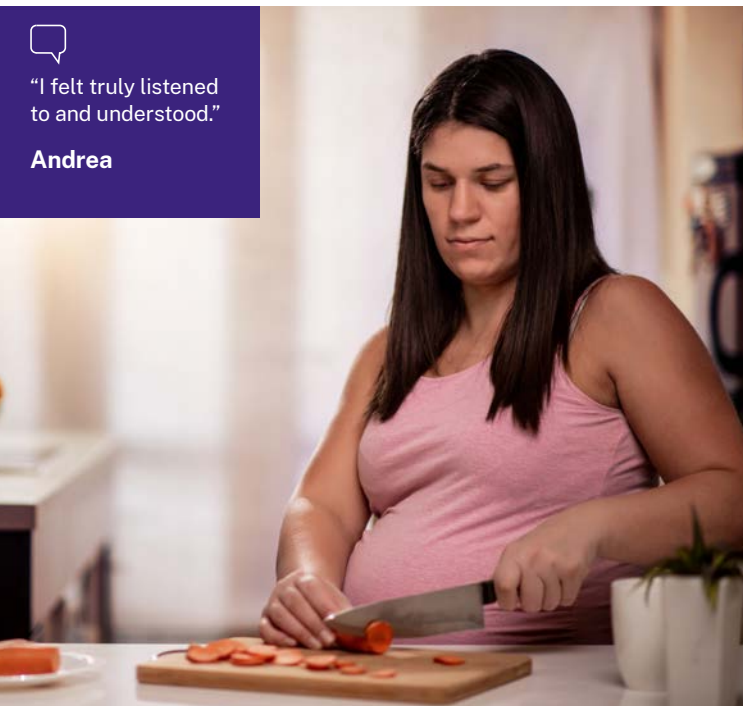
During your journey from pregnancy, to birth and beyond, our university qualified health coaches will support you to:

- set and achieve your goals
- eat well and keep active
- stay within a healthy weight range
- improve your wellbeing
- stay on track and motivated
- avoid drinking alcohol
- return to a healthy weight after your birth



"I felt truly listened to and understood."

Andrea



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

Benefits

Eating healthy and being active during pregnancy helps you with:



better sleep



more energy



less lower back pain



feeling less stress and anxiety



improved digestion



a more active labour

How it works

Get Healthy is designed to fit in with your life, so services are provided via phone email, text and online – all at a time that suits you.

When you join Get Healthy, you'll get:

- your own university qualified coach
- 6 or more regular phone and video coaching calls
- tools and guides to help you stay on track
- emails and texts to keep you on track
- reminders about appointments
- help to overcome challenges to reaching your goals



Follow us on Facebook or Instagram

Healthy Eating Active Living NSW
@healthyeatingactivelivingsw



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