

MAKE YOUR MOVE

A stylized white outline of a pregnant woman is positioned on the right side of the page. The woman is shown from the waist up, with her arms slightly away from her body. Her head is tilted slightly to the right, and she has a simple, smiling mouth. The background is a solid light pink color. The overall style is clean and modern, with thick white outlines and a limited color palette.

*For a
healthy
pregnancy*

*What you need to
know about eating
well and moving more
before, during, and
after pregnancy*

Eating Healthily Pre-Pregnancy

Having a healthy weight may improve your fertility and chances of becoming pregnant.

Eating a balanced, varied diet may help with this. Such as:

- Starchy carbohydrates such as potatoes, bread, rice and pasta should be included with every meal
- Choose wholegrain or high fibre are preferred e.g. brown rice
- Fruit and vegetables (aim for 5 a day)
- Beans, pulses, meat, fish, eggs and nuts. Sources e.g. Quorn are great protein sources but lower in fat to meat options
- Swap to unsaturated fats such as nuts and oily fish
- Limit high fat and high sugar foods such as sweets, cakes, pastries etc
- Avoid drinking alcohol as this is the safest option

Vitamins are important too!

- Take a supplement with 400 micrograms (mcg) of folic acid every day from before pregnancy (as soon as you stop contraception) **until week 12 of your pregnancy**
- All adults need 10mcg of vitamin D each day, you might want to consider taking a supplement

Make Your Move Pre-Pregnancy

What do I need to know?

Aim to be active for 150 minutes per week and do activity that strengthens your muscles, joints and bones on two days a week

Some activity is good, but more is better
Every minute counts!

150
mins

Why is it important for me?

Maintaining a healthy weight and being active can boost your fertility

Being active can be great for your physical, mental and social wellbeing

There is no evidence that being active can harm your chances of conceiving



What activities can I do?

If you are currently inactive, start gradually with activities such as walking

If you are already active, continue with the activities that you enjoy



Eating Healthily During Pregnancy

What you eat now and maintaining a healthy weight during pregnancy will help your baby grow healthily, give them the best start in life and help you to feel your best.

Tips for eating well during pregnancy:

- Continue to eat a balanced diet, including starchy carbohydrates with every meal and higher fibre options where possible
- If you feel nauseous, try eating little and often, and choose foods such as toast, bread, and cereals
- Make small, achievable healthy food swaps
- Alcohol: UK guidelines recommend that pregnant women shouldn't drink alcohol at all
- Aim to drink 8 glasses of fluid every day

Vitamins:

- Continue to take a supplement with 400mcg of folic acid until week 12 of your pregnancy
- Take a supplement with 10mcg of vitamin D every day throughout your pregnancy. You may qualify for the Healthy Start Scheme and could receive Vitamin D supplements free of charge
- Avoid taking vitamin supplements that have vitamin A when you are pregnant

Remember:

- It is not advised to diet or lose weight during pregnancy
- During most of your pregnancy you don't need to eat more than you ate before you were pregnant. If you are active, you may need an extra 200 calories or so in the third trimester

Make Your Move During Pregnancy

What do I need to know?

Physical activity choices should reflect activity levels pre pregnancy. If currently inactive - try starting gradually with low impact and low intensity activities

Listen to your body and adapt

Don't bump the bump

Don't overdo it



Why is it important for me and my baby?

Help to control weight gain

Reduces your risk of complications during pregnancy, including high blood pressure (pre-eclampsia) and diabetes

Helps you sleep better and improves your mood



What activities can I do?

Swimming supports your bump and puts less strain on your back (avoid breaststroke)

Walking is a great basis for pregnancy fitness

Pilates can help your body cope with carrying extra weight and prepares you for childbirth



Eating Healthily Post-Pregnancy

After pregnancy continue to eat a healthy balanced diet with a wide variety of foods.

Tips for eating well post-pregnancy:

- Try not to skip meals and avoid snacking on high calorie foods
- Try to fill half your plate with vegetables
- Set small, realistic targets if you are trying to lose weight
- You may want to keep a food and activity diary to record your progress
- Prepare your meals and have your ingredients ready in advance
- Continue to take a supplement with 10mcg of vitamin D every day

Breastfeeding?

You don't need to eat anything special, but it's a good idea to continue eating a healthy diet. You may get hungry, so it is a good idea to have some healthy snacks at hand.

Make Your Move Post-Pregnancy

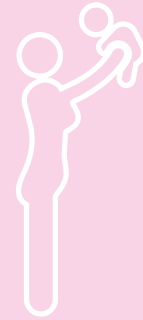
What do I need to know?

If your birth was straightforward, you can start gentle activity when you feel able

After the 6-8 week postnatal check, and depending on how you feel, you can gradually resume more intense activity like running

Listen to your body!

You can be active whilst breastfeeding



Why is it important for me and my baby?

Being active gives you time for yourself but you can be active as a family too

Improves your mood and sleep quality

Helps your body recover after giving birth

Helps control weight and support your return to pre-pregnancy weight

Improves tummy muscle tone and strength



What activities can I do?

Walking is a good way to build your fitness back up

Meet up with other mums to be active either through walking or joining a buggy exercise class

Being active at home using exercise videos

Start pelvic floor exercises as soon as you can and continue daily



Important things to remember

- Be active in a way that feels right for you and your baby
- Always make sure your exercise instructor knows that you are pregnant or have just had a baby, and that they are qualified to work with women who are pregnant
- Always speak to your GP, midwife, or health visitor for advice if thinking about changing your physical activity levels or diet, or for advice on exercise during a complicated pregnancy or after a complicated delivery or caesarean

Where can I look for further support?

Tommy's: [tommys.org/pregnancy-information/im-pregnant/exercise-and-activity-pregnancy](https://www.tommys.org/pregnancy-information/im-pregnant/exercise-and-activity-pregnancy)

NHS: [nhs.uk/start4life/pregnancy/exercising-in-pregnancy](https://www.nhs.uk/start4life/pregnancy/exercising-in-pregnancy)

LRS Active Together: lrsport.org/active-together

British Dietetic Association: [bda.uk.com/resource/pregnancy-diet.html](https://www.bda.uk.com/resource/pregnancy-diet.html)

Healthy Start Scheme: [healthystart.nhs.uk](https://www.healthystart.nhs.uk)

Leicestershire Weight Management Service: [leicestershirowms.co.uk](https://www.leicestershirowms.co.uk)

Leicester City Weight Management Service (Live Well Leicester): [livewell.leicester.gov.uk](https://www.livewell.leicester.gov.uk)

Rutland Weight Management Service: [rutlandwellbeing.org.uk/wellbeing-services/weight-management](https://www.rutlandwellbeing.org.uk/wellbeing-services/weight-management)

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