



Did you know?

Being active during your pregnancy can help improve your physical and mental health.

*Already active?
Keep going.*

*New to activity?
Start gradually.*

Ask your healthcare professional today about how you can be active during your pregnancy.

Join the movement! **#ThisMumMoves**

www.activepregnancyfoundation.org/thismummoves

In partnership with:



The information on this poster is based on guidance provided by the UK Chief Medical Officers (2019):
www.gov.uk/government/collections/physical-activity-guidelines



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Did you know?

Being active after childbirth can help improve your physical and mental health.

*Already active before?
Restart gradually.*



*Not active before?
Start gradually.*



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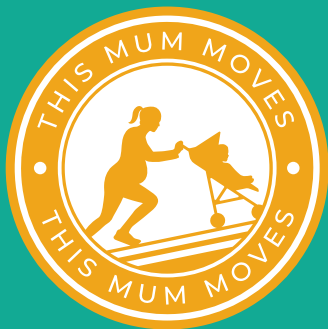
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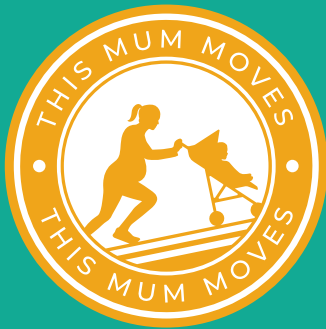
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