OUR BIG PUSH FOR 2022



ADVOCACY

We speak up for pregnant and postnatal women, giving them a voice on platforms they might not otherwise have direct access to.



EMPOWERMENT

We enable women to make informed decisions by dispelling myths; emphasising benefits and safety messages; and encouraging meaningful conversations.



REPRESENTATION

We are for every mum; so we endeavour to increase the diversity, inclusivity, and visibility of active pregnancies. Activity is for everyone.



ENGAGEMENT

We engage with women, their support network and professionals to improve quality of life and support a healthier population.

ACTIVE PREGNANCY FOUNDATION

#movingthroughmotherhood
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