

Healthy you. Healthy baby.



Barwon
Health

Keep active during your pregnancy to:

- Boost your mood
- Feel more energised
- Improve your sleep
- Manage physical changes of pregnancy
- Prepare for labour and recovery from birth



Talk to your health team if you have any questions about keeping active during your pregnancy.

Scan the QR for more information or
visit our website



www.barwonhealth.org.au/maternity-services