



Living Well

DURING PREGNANCY



TELEPHONE COACHING SERVICE

Metro North Hospital and Health Service *Putting people first*

Personal telephone health coaching

Living Well during Pregnancy is a healthy lifestyle telephone coaching program, **exclusively** for mums having their baby at Royal Brisbane and Women's Hospital.

Is this program for you?

- Did you start pregnancy above a healthy weight (BMI above 25kgm²)? Or has your pregnancy weight increased more quickly than recommended?
- Are you looking for some extra support and a personalised pregnancy health plan?

If you answered **YES**, our program is for **YOU!**

Starting pregnancy above a healthy weight or gaining weight too quickly, can put you and your baby at risk of health complications. But we are here to support you, to achieve your healthiest pregnancy possible and reduce these risks.

Our program

- ✓ Get a personal Royal health coach
- ✓ Up to 10 telephone calls, at a time convenient for you.
- ✓ Tailored support, motivation & advice on:
 - Eating well & meal planning
 - Physical activity & keeping active
 - Goal setting & tracking tools

Join now instantly online at tinyurl.com/rbwhlivingwell

or ask your GP or midwife for a referral.

For more information visit our website (above), or contact RBWH Maternity Outpatients (07) 3646 7182, or email LivingWellDuringPregnancy@health.qld.gov.au