

Exercise in Pregnancy



Pre and Post Natal Exercise is designed to aid **pregnant women** who have been identified by their Midwife to take up a highly-qualified supervised exercise programme with the aim of encouraging long-term participation in physical activity. The identified clients must have a $BMI > 30$.

The classes will be delivered by Pembrokeshire Leisure and Exercise Referral instructors qualified with the YMCA Level 3 Award in Adapting Exercise for Ante and Post Natal Clients.

Mam aulach
Babanodlach



Healthy Mums
Healthy Babies

Information for midwife



BABY LET'S MOVE

How can I refer?

Firstly you will need to read the exclusion criteria on the designated referral form. If the client is eligible complete the referral form and post to Exercise Referral Coordinator. Address and contact details below.

What happens next?

The client will receive a letter from the Pembrokeshire Exercise Referral Team inviting them to book their first consultation at the leisure centre providing the exercise sessions.

How often will the classes take place?

They will be required to attend 2 group sessions a week with the exercise professionals, these will take place as follows:

sessions
are
FREE

When?

Where?

What Time?

Benefits of being active during pregnancy

• Enhances mood, self esteem, and psychological wellbeing	• Better control of weight gain in pregnancy	• Cope better with labour and delivery
• Helps reduce the risk of complications e.g. Gestational diabetes and high blood pressure (pre-eclampsia)	• Improves sleep, and improves circulation	• Possible health benefits for baby in later life
• Helps reduce tiredness	• Improves oxygen flow to the placenta	• Reduced likelihood of getting post natal depression
	• Improves muscle strength and tone	• Meet new people and increase your social circle
	• Reduces constipation	

If you require more information regarding the exercise referral scheme in Pembrokeshire please contact

Elaine Scale, Pembrokeshire Exercise Referral Coordinator on
01437 775566 / 07823445286 email: elaine.scale@pembrokeshire.gov.uk

or

Elspeth Thompson, Community Midwife on 07717 478626
elspeth.thompson@wales.nhs.uk