

# Walking for Maternity

## Bassetlaw

**Walking is really beneficial during your pregnancy as well as afterwards**

**It doesn't have to be about joining a walking group or going on a long hike. It's about moving more in a way that works for you. Which could be to the shops, around the block or to your local park.**

Aim to walk a bit every day  
– start with 10 minutes

Wear comfortable supportive shoes and clothing

Stay hydrated and avoid overheating

Listen to your body - rest when you feel tired

Look around you - engage with nature, the people you meet, your surroundings – chat about them to your baby

## walking can

- ◆ Connect you to other Pregnant/new Mums and your community
- ◆ Give you more energy
- ◆ Help you to sleep better
- ◆ Help deliver the right nutrients to you and your baby
- ◆ Be good for your mental health
- ◆ Help to prevent gestational diabetes
- ◆ Help reduce back pain, constipation and urinary incontinence
- ◆ Build stamina and strength to help with labour and faster recovery afterwards
- ◆ Support you to manage your weight during pregnancy and afterwards
- ◆ Make you feel good
- ◆ Help you connect with your new baby and get support from other new Mums



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**If you need support to take the first step, here are some groups that could help:**

**Your Health Notts:** Mums and Bumps.  
Bassetlaw Women's Aid Centre, Worksop  
Thursdays 1.15pm-2.15pm  
Tel: 0115 772 2515

**Family Hubs:**  
Worksop (*Manton, Prospect Kilton and North Worksop*)  
Tel: 0115 977 3758  
Retford (*Retford Central, Hallcroft*)  
Tel: 0115 977 3754  
West Bassetlaw (*Langold, Harworth and Bircotes, Misterton*)  
Tel: 0115 977 3759  
email: [FHBassetlaw@nottsc.gov.uk](mailto:FHBassetlaw@nottsc.gov.uk)

**Pushabout** at Clumber Park, second Monday of every month 10.15am-12noon. *Free, no booking required. Admission into the park applies.*  
01909 511015  
email: [clumberprogramming@nationaltrust.org.uk](mailto:clumberprogramming@nationaltrust.org.uk)

**And don't forget our beautiful green spaces with their one mile walk trails**

- The Canch and Memorial Gardens, Worksop
- King's Park, Retford
- Langold Country Park
- Tommy Simpson Recreation Ground, Harworth and Bircotes
- Retford Canal



**scan here for more information on these trails**

