

Walking for Maternity

Rushcliffe

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*
Telephone Support 0115 772 2515
or scan the QR code



Rushcliffe Family Hub

Eaton Place, Bingham, NG13 8BE
Contact 0115 977 3749 or
FHRushcliffe@nottsgov.uk

[Family Hub Networks | Nottinghamshire County Council](#)

Free Antenatal BABES & PEEPS sessions, New Parents group, BreastFeeding group, Self-Weigh sessions, Stay and Play and Parental Health and Wellbeing (PHEW)



Inspire Libraries

Rattle, Rhyme and Roll and Story hullabaloo sessions
[Cotgrave Library](#) | Inspire - Culture, Learning, Libraries
Contact 01623 677 200 / ask@inspireculture.org.uk

Pilates 'Bring Baby' Pre and post baby fitness classes across Notts.
Indoors, outdoors and online
Contact lindsaymarieparker@hotmail.com or 07531 831624

Mums on the Move Pre and post natal walks across Notts
Facebook *Mums on the Move* Instagram *mumsonthemove*

Nottingham Muslim Women's Network Bump to Baby Walks,
Wednesdays 10.30- 12noon
Home Made Café, Forest Recreation Ground
[Nottingham Muslim Women's Network](#)

Have a look at the **Rushcliffe Social Prescribing Health Directory**
which includes a directory specifically for parents:

Or the Rushcliffe **Big Green Book** which is a directory of
nature-based activities and opportunities across Rushcliffe.

