

# Walking for Maternity

## Gedling

**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

**Gedling Family Hubs**  
(Arnbrook, Calverton, Killisick, Netherfield)

Contact 0115 977 3752/1

[Family Hub Networks](#)

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

**Inspire Libraries**  
(Arnold, Burton Joyce, Calverton and Carlton)

Rattle, Rhyme and Roll and Story hullabaloo sessions  
[Inspire - Culture, Learning, Libraries](#)

Contact 01623 677 200 / [ask@inspireculture.org.uk](mailto:ask@inspireculture.org.uk)

Have a look at the Gedling [Big Green Book](#) which is a directory of nature-based activities and opportunities across Gedling.

**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](#)

**There are some great heritage and nature trails to follow in:**

- Arnot Hill Park
- Gedling Country Park
- A Forest School Talking Walk
- Story telling walks in *Bestwood Park, Calverton, Newstead*

**And paths to walk round in the following parks:**

- Arnot Hill Park
- Bestwood Country Park
- Burnstump Country Park
- Burton Road Jubilee Park, Gedling
- Breck Hill Park, Woodthorpe
- Colwick Country Park
- Gedling Country Park
- Newstead Abbey

