

Green Prescription - Maternal

Sport Bay of Plenty also offers a six-month healthy lifestyle programme to support mums during pregnancy and/or post birth. The programme is designed to support, inform, empower and provide community connections to nurture a healthy lifestyle. We're here to help you make positive and sustainable changes in activity and/or nutrition.

Who would benefit?

- All mums! During pregnancy and/or post birth.
- People who are inactive (less than two and a half hours of moderate intensity physical activity throughout the week). We provide nutritional advice and support you to become more active.

If you are inactive and your medical conditions are stable, a Green Prescription can help control diabetes (gestational), improve blood pressure and cholesterol, help reduce your need for medications, assist with weight management, improve your general fitness, reduce your risk of cardiovascular complications, improve your wellbeing and improve your life expectancy.

How to get a Green Prescription? Your doctor, practice nurse or midwife can refer you. Once we receive your referral, we will ring you and arrange a time for you to meet your advisor at one of our Green Prescription clinics.

sportbop.co.nz/get-active/maternalhealth

Rongoā Kākāriki
GREEN
PRESCRIPTION

For more information

Ask your doctor, practice nurse or midwife about a Green Prescription referral.

Or contact our offices:

Eastern Bay of Plenty

07 308 8304

22 Commerce Street, Whakatane

Western Bay of Plenty

07 578 0016

406 Devonport Road, Tauranga

Central/Rotorua

07 348 4125

1189 Amohia Street, Rotorua

sportbop.co.nz/get-active/maternalhealth

Maternal Physical Activity Project

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Physical Activity for Mums

 **Sport Bay of Plenty**
more people, more active, more often

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Benefits of Being Active

Regular physical activity is one of the most important things you can do for your wellbeing and health.

- Being active 30 minutes every day can help by strengthening your muscles, heart and lungs, giving you the extra energy and strength needed for pregnancy and post birth.
- One of the biggest benefits is for your wellbeing. Exercise makes us feel better, and if you're part of a group class there's also the added bonus of socialising with other women who understand what it's like to be pregnant or be a mum.
- Regular physical activity supports you to establish and maintain positive patterns in family life that are key to raising healthy families.
- An improved posture, improved circulation and some relief from ailments such as leg cramps, constipation, high blood pressure, fatigue and bloating.
- Increased muscle strength to get you ready for carrying bubs and the baby equipment.

Aqua Mums

Aqua Mums classes are an enjoyable way to stay fit and mobile, and are great for mums-to-be and post birth. Aqua Mums is a fun full-body workout in shallow or deep water and is suitable for all fitness levels. The classes are also a great opportunity to connect with other mums while being active.

Sport Bay of Plenty is working with several aquatic centres across the region to offer Aqua Mums classes suitable for pregnant and post-birth women. Find a class near you and give it a go!

Classes run during school term time only.

sportbop.co.nz/get-active/maternalhealth

Important things to consider:

- You're more likely to stay active if you choose an enjoyable activity suitable for your fitness level. Some good options include going for a walk, swimming or aqua jogging.
- Contact sports are best for after pregnancy.
- Exercise in cooler temperatures or for shorter periods in extremely hot conditions.
- Take a break before hitting the point of exhaustion.
- Leave the heavy lifting to someone else, and activities that involve straining or holding your breath can be enjoyed after birth.
- Ligaments can become loose during pregnancy so choose exercises that are not overloading the pelvic connective tissue.
- After the first trimester, choose exercises that avoid lying flat on your back for long periods.

Get Involved

Want to find physical activity options in your area that are suitable for Mums?

It's easy – check out the Sport Bay of Plenty online 'Get Involved Activity Directory' and look for the '**Pregnant & New Mums**' tile at

www.bit.ly/getinvolvedmums

Find activities and classes on offer for pregnant and new mums such as Aqua Mums, walking groups and other suitable exercise classes.

Get active and have fun trying something new!

