



LEISURE CENTRE

Supporting a healthy pregnancy

Eating well and moving more

LeisureCentre.com/MSK

my
healthy
way


good boost


MSK HUBS

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ACTIVE PREGNANCY
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Introduction

Congratulations on your pregnancy!

Welcome to your 'My Healthy Way Supporting a Healthy Pregnancy; Eating Well and Moving More' information booklet.

Within this booklet we have brought together the latest NHS information and guidance around physical activity and healthy eating, to support you to stay healthy and active throughout your pregnancy.

Our prenatal programmes across our Leisure Centres have been developed to provide a range of activity-related health benefits to both you and your baby, as well as helping you to meet others during this time.

Please remember that we are all individuals and our experience of pregnancy will differ. Some people can find they feel great and have an improved appetite, whereas other people can find they feel tired, sick and can only tolerate certain foods. Please don't worry if that is the case. The most important thing is that you listen to your body and take advice from your midwife, healthcare practitioner and GP.

IMPORTANT NOTE

Please remember the information given in this booklet is for informational and educational purposes only and is NOT intended to be medical advice, nor replace the advice of your midwife, GP or healthcare practitioner. The information included was believed correct at time of publication and has been taken from official NHS resources, last reviewed on 21 April 2023. Please always speak to your midwife, GP or healthcare practitioner before making any major nutritional or physical activity changes during pregnancy, especially the use of supplements.

Eating well throughout your pregnancy

A Healthy Diet

A healthy diet is an important part of a healthy lifestyle at any time but is especially vital if you're pregnant or planning a pregnancy. Eating healthily during pregnancy will help your baby to develop and grow.

You do not need to go on a special diet, but it's important to eat a variety of different foods every day to get the right balance of nutrients that you and your baby need.

You will probably find that you are more hungry than usual, but you do not need to "eat for 2".

Try to have a healthy breakfast every day, because this can help you to avoid snacking on foods that are high in fat and sugar. You can use the Eatwell Guide to get the balance of your diet right. It shows you how much of what you eat should come from each food group to achieve a healthy, balanced diet.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Fruit & Vegetables

Eat plenty of fruit and vegetables because these provide vitamins and minerals, as well as fibre, which helps digestion and can help prevent constipation.

Eat at least 5 portions of a variety of fruit and vegetables every day – these can include fresh, frozen, canned, dried or juiced. Always wash fresh fruit and vegetables carefully.

Be careful with fruits, vegetables and salads as they can have soil on them, which can make you unwell. Make sure to thoroughly wash all fruits, vegetables and salad ingredients.

Carbohydrates

Starchy foods are an important source of energy, some vitamins and fibre, and help you to feel full without containing too many calories. They include bread, potatoes, breakfast cereals, rice, pasta, noodles, maize, millet, oats, yams and cornmeal.

These foods should make up just over a 3rd of the food you eat. Instead of refined starchy (white) food, choose wholegrain or higher-fibre options such as wholewheat pasta, brown rice or simply leaving the skins on potatoes.

Protein

Eat some protein-rich foods every day. Sources of protein include:

- Beans
- Pulses
- Fish
- Eggs
- Meat (but avoid liver)
- Poultry
- Nuts

Choose lean meat, remove the skin from poultry, and try not to add extra fat or oil when cooking meat.

Dairy

Dairy foods such as milk, cheese, fromage frais and yoghurt are important in pregnancy because they contain calcium and other nutrients that you and your baby need.



Choose low-fat varieties wherever possible, such as semi-skimmed, 1 percent fat or skimmed milk, low-fat and lower-sugar yoghurt and reduced-fat hard cheese.

If you prefer dairy alternatives, such as soya drinks and yoghurts, go for unsweetened, calcium-fortified versions.

Foods high in fat, sugar or both

Sugary foods and drinks are often high in calories, which can contribute to weight gain. Having sugary foods and drinks can also lead to tooth decay.

Fat is very high in calories, so eating too many fatty foods, or eating them too often, can make you put on weight. Eating too much saturated fat can also increase the amount of cholesterol in your blood, which increases your chance of developing heart disease.

The following foods, if you're having, you should have less often and in small amounts:

- All spreading fats
- Oils
- Salad dressings
- Cream
- Chocolate
- Crisps
- Biscuits
- Pastries
- Ice cream
- Cake
- Puddings
- Fizzy drinks



Foods to avoid:

Cheese, Milk & other dairy

What you can eat:

- Pasteurised milk, yoghurt, cream and ice cream
- Pasteurised or unpasteurised hard cheeses, such as cheddar, gruyere and parmesan
- Pasteurised semihard cheeses, such as edam
- Pasteurised soft cheeses, such as cottage cheese, mozzarella, feta, cream cheese, paneer, ricotta, halloumi, goats' cheese without a white coating on the outside (rind) and processed cheese spreads
- Soft or blue cheese (pasteurised or unpasteurised) that has been cooked until steaming hot

What to avoid:

- Any other foods made from unpasteurised milk, such as soft ripened goats' cheese
- Pasteurised or unpasteurised mouldripened soft cheeses with a white coating on the outside, such as brie, camembert and chèvre (unless cooked until steaming hot)
- Pasteurised or unpasteurised soft blue cheeses, such as danish blue, gorgonzola and roquefort (unless cooked until steaming hot)
- Unpasteurised cows' milk, goats' milk, sheep's milk or cream

Why:

There's a small chance that unpasteurised or soft ripened dairy products may contain *Listeria* bacteria. This can lead to an infection called listeriosis, which can lead to miscarriage, stillbirth or make your newborn baby very unwell.

Meat & Poultry

What you can eat:

- Meats such as chicken, pork and beef, as long as they're well-cooked with no trace of pink or blood; be especially careful with poultry, pork, sausages and burgers
- Cold, pre-packed meats such as ham and corned beef

What to be careful with:

- Cold cured meats, such as salami, pepperoni, chorizo and prosciutto (unless cooked thoroughly)

What to avoid:

- Raw or undercooked meat
- Liver and liver products
- All types of pâté, including vegetarian pâté
- Game meats such as goose, partridge or pheasant

Why:

There's a small risk of getting toxoplasmosis if you eat raw and undercooked meat, which can cause miscarriage. Cured meats are not cooked, so they may have parasites in them that cause toxoplasmosis. Liver and liver products have lots of vitamin A in them which can be harmful to an unborn baby. Game meats may contain lead shot.



Eggs

What you can eat:

- Raw, partially cooked and fully cooked british lion hen eggs (they have a lion stamp on them) and hen eggs produced under the laid in britain scheme
- Foods made with raw hen egg, such as mousse and mayonnaise, if made with british lion eggs or hen eggs produced under the laid in britain scheme
- Well cooked eggs (white and yolk) from any hen eggs that are not british lion eggs or produced under the laid in britain scheme
- Well cooked eggs (white and yolk) of all other eggs, including duck, goose or quail

What to avoid:

- Raw or partially cooked hen eggs that are not British Lion or produced under the Laid in Britain scheme
- Raw or partially cooked duck, goose or quail eggs

Why:

British Lion hen eggs and hen eggs produced under the Laid in Britain scheme are less likely to have salmonella in them. Salmonella is unlikely to harm your unborn baby, but you could get food poisoning.

Fish

What you can eat:

- Cooked fish and seafood
- Sushi, as long as the fish has been cooked thoroughly
- Cooked shellfish, such as mussels, lobster, crab, prawns, scallops and clams

What to limit:

- You should eat no more than 2 portions of oily fish a week, such as salmon, trout, mackerel or herring
- You should eat no more than 2 tuna steaks (about 140g cooked or 170g raw) or 4 medium-size cans of tuna (about 140g when drained) per week
- *Tuna does not count as an oily fish - you can have 2 tuna steaks, or 4 medium-size cans of fish, as well as 2 portions of oily fish a week.*

Why:

Ready-to-eat cold-smoked or cured fish could be contaminated with listeria bacteria. These bacteria can cause an infection called listeriosis, which can lead to miscarriage or stillbirth, or make your newborn baby seriously ill. Cooking smoked or cured fish until it's steaming hot will kill any bacteria that may be present.

You should limit tuna because it has more mercury in it than other fish. If you eat too much mercury, it can be harmful to your unborn baby.



What to avoid:

- Swordfish
- Marlin
- Shark
- Raw shellfish
- Coldsmoked or cured fish (for example smoked salmon or gravlax, including in sushi), unless it has been cooked until steaming hot

You should limit oily fish because they can have pollutants such as dioxins and polychlorinated biphenyls in them. If you eat too much of these, they can be harmful to your unborn baby.

You should avoid raw shellfish because they can have harmful bacteria, viruses or toxins in them. These can make you unwell and give you food poisoning.



Caffeine

You can have caffeine, but no more than 200mg per day. Regularly drinking more than this amount can increase your risk of pregnancy complications, such as low birthweight, and even miscarriage.

Caffeine quantities



Herbal teas

The caffeine content can vary quite widely between different brands of herbal tea. Some contain no caffeine, while others may have quite high levels.

Check the ingredients label on the packet to see how much caffeine is in a brand. Some of the herbs used in herbal tea can also be potentially dangerous if you have a lot of them during pregnancy; especially during weeks 1 to 12 (first trimester).

As a general rule, if you drink no more than 1 to 2 cups of herbal tea a day during your pregnancy, you should be fine.

Alcohol

Drinking alcohol in pregnancy can lead to long-term harm to your baby.

If you're pregnant or planning to get pregnant, the safest approach is to not drink alcohol at all. This keeps risks to your baby to a minimum.



Vitamins and Supplements

Eating a healthy, varied diet in pregnancy will help you get most of the vitamins and minerals you need. But when you're pregnant, some additional supplements may be required.

Folic Acid

It's recommended that you take 400 micrograms of folic acid every day – from before you're pregnant until you're 12 weeks pregnant. This is to reduce the risk of problems in the baby's development in the early weeks of pregnancy and can help prevent birth defects known as neural tube defects, including spina bifida.

Try to eat green leafy vegetables which contain folate (the natural form of folic acid) and breakfast cereals and fat spreads with folic acid added to them.

Vitamin D

You need 10 micrograms of vitamin D each day. It's recommended pregnant and breastfeeding women take a daily supplement containing this amount between September and March as the body cannot make sufficient vitamin D from sunlight alone, which is why a supplement is recommended.

Vitamin D regulates the amount of calcium and phosphate in the body, which are needed to keep bones, teeth and muscles healthy. Our bodies make vitamin D when our skin is exposed to summer sunlight (from late March/early April to the end of September).

There is also Vitamin D in some foods including; oily fish, eggs, red meat, some breakfast cereals, fat spreads and non-dairy milk alternatives.

Do not take more than 100 micrograms (4,000 IU) of vitamin D a day as it could be harmful.

Iron

If you do not have enough iron, you'll probably get very tired and may suffer from anaemia. Lean meat, green leafy vegetables, dried fruit and nuts contain iron.

Many breakfast cereals have iron added to them. If the iron level in your blood becomes low, a GP or midwife will advise you to take iron supplements.

Vitamin C

Vitamin C protects cells and helps keep them healthy. It's found in a wide variety of fruit and vegetables, and a balanced diet can provide all the vitamin C you need.

Sources include:

- Oranges & orange juice
- Red & green peppers
- Strawberries
- Blackcurrants
- Broccoli
- Brussel sprouts
- Potatoes

Calcium

Calcium is vital for making your baby's bones and teeth.

Sources include:

- Milk, cheese & yoghurt
- Green leafy vegetables
- Tofu
- Soya drinks with added calcium
- Bread and any foods made with fortified flour
- Fish where you eat the bones, such as sardines and pilchards

Do not take cod liver oil or any supplements containing vitamin A (retinol) when you're pregnant. Too much vitamin A could harm your baby. Always check the label.

My Healthy Way online resources for a happier, healthier life

Explore expert tips, practical tools, engaging blogs and comprehensive nutrition courses. All designed to guide and support your wellness journey. My Healthy Way are dedicated to addressing health inequalities and helping you improve your quality of life.

Nutritional Courses

Enhance your well-being with our online nutrition courses, led by certified Nutritionist, Jen McDiarmid. Discover simple, effective ways to improve your physical and emotional health through nutrition.

Nutritional Consultations

You can also book a 1:1 session with Jen. She will discuss your diet, stress, sleep, movement, digestion, and hormones with you and create your own custom nutrition plan.

Musculoskeletal Health

Take charge of your health with our Musculoskeletal (MSK) health hubs. Explore Good Boost classes and social coffee mornings at your local leisure centre.

Happy Mind

My Healthy Way is proud to support Every Mind Matters, part of the NHS Better Health campaign. Every Mind Matters offers practical tips and tools to manage your mental health, support others and access urgent help if needed.

Visit myhealthyway.co.uk to find out more about each of the courses we offer

Get Active

Boost your mood and reduce stress with regular exercise! Staying active releases 'feel-good' endorphins that help ease anxiety and depression, improve sleep, and build confidence. It's a powerful way to manage daily pressures and protect your mental health, leading to a happier, healthier life.

Women's Wellbeing

Discover how balanced nutrition and mindful lifestyle choices can empower your health and well-being. From boosting hormonal harmony to building mental resilience, learn simple, impactful steps to thrive in every aspect of your life.



Moving more and keeping active safely during your pregnancy

Is exercise safe during pregnancy?

The more active and fit you are during pregnancy, the easier it will be for you to adapt to your changing shape and weight gain. It will also help you to cope with labour.

Keep up your normal daily physical activity or exercise (sport, running, yoga, dancing, or even walking to the shops and back) for as long as you feel comfortable.

Exercise is not dangerous for your baby. There is evidence that active women are less likely to experience problems in later pregnancy and labour.

If you were not active before you got pregnant, do not suddenly take up strenuous exercise.

If you start an aerobic exercise programme (such as running, swimming, cycling or aerobics classes), tell the instructor that you're pregnant.

Remember that exercise does not have to be strenuous to be beneficial.

As a general rule, you should be able to hold a conversation as you exercise when pregnant. If you become breathless as you talk, then you're probably exercising too strenuously.

Do not exhaust yourself. You may need to slow down as your pregnancy progresses or if your maternity team advises you to. If in doubt, consult your maternity team.

The following infographic displays the government's physical activity guidelines for pregnant women:

Physical activity for pregnant women



Helps to control weight gain



Helps reduce high blood pressure problems



Helps to prevent diabetes of pregnancy



Improves fitness



Improves sleep



Improves mood

Not active?
Start gradually

Already active?
Keep going



Do **muscle strengthening** activities twice a week

Every activity counts, every minute counts, more is better

No evidence of harm

Listen to your body and adapt



Don't bump the bump

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Always warm
up before
exercising

Avoid strenuous
exercise in hot
weather

Try to keep active
on a daily basis; 30
minutes of walking
each day can be
enough, but any
amount is better
than nothing

drink plenty
of water and
other fluids

Exercise top tips

Exercises that have
a risk of falling
should only be done
with caution; such
as horse riding,
downhill skiing, ice
hockey, gymnastics
and cycling

If you attend exercise
classes, ensure the
teacher knows you're
pregnant and how
many weeks you are

Try swimming
as the water will
support your
increased weight

Exercises to include:

Stomach strengthening

As your bump gets bigger, you may find the hollow in your lower back increases and this can give you backache. These exercises will help strengthen your abdominal muscles and may ease your backache:

1. Start in a box position (on all 4s) with knees under hips, hands under shoulders, fingertips facing forwards and abdominals lifted to ensure a straight back
1. Pull in your stomach muscles and raise your back up towards the ceiling, curling your trunk and allowing your head to relax gently forward
2. Golf for a few seconds, then slowly return to the box position
3. Repeat 10 times, slowly and rhythmically

Take care not to hollow your back or let your elbows lock

Pelvic Tilt exercises

The muscles of the pelvic floor come under great strain in pregnancy and childbirth. If your pelvic floor muscles are weak you may find that you may leak urine when you cough, sneeze or strain. This is quite common. You can strengthen these muscles by doing the following exercises:

1. Make yourself comfortable, sitting or lying with your knees bent
2. Squeeze in and tighten the muscles and then breathe out while relaxing the muscles
3. At first do it quickly, then slowly, holding the squeeze for as long as you can. Try to do 3 sets of 8 squeezes every day

Exercises to avoid:

- Lying flat on your back for long periods, particularly after 16 weeks - the weight of your bump presses on the main blood vessel bringing blood back to your heart and this can make you feel faint
- Do not take part in contact sports
- Do not go scuba diving
- Do not exercise at heights over 2500m above sea level





Resting & Recovery during your pregnancy

It's common to feel tired or even exhausted during pregnancy, especially in the first 12 weeks. Hormonal changes at this time can make you feel tired, nauseous and emotional. The only answer is to rest as much as possible.

Strange dreams

You may have strange dreams or nightmares about the baby and labour and birth. This is normal. Talking about them with others can help. Relaxation and breathing techniques may be helpful in reducing anxiety you might be feeling.

Sleep Positions

The safest position to sleep in is on your side. After 28 weeks, falling asleep on your back can double the risk of stillbirth. Do not worry if you wake up on your back, you can turn over and go to sleep on your side again. You can try supporting your bump with pillows and putting a pillow between your knees.

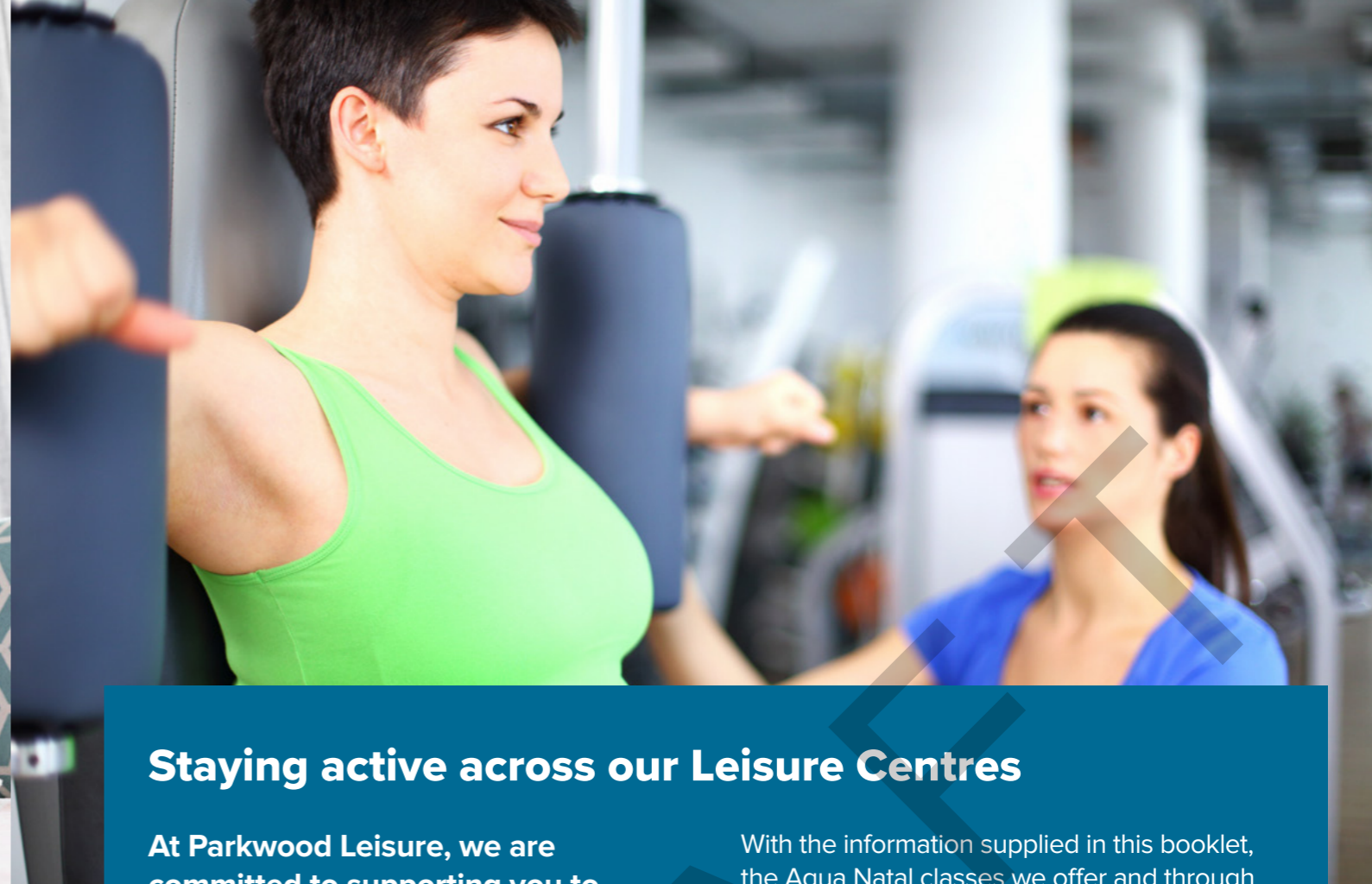
Insomnia

Occasionally sleeplessness, when accompanied by other symptoms, can be a sign of depression. If you have any other symptoms such as feeling hopeless and losing interest in things you used to enjoy, speak to your doctor or midwife as there is treatment that can help.

Remedies:

Try to relax before bedtime so you're not wide awake. Relaxation techniques may also help. Avoid napping in the afternoon and caffeine drinks in the evening. Exercise can also help you feel less tired, so try to do some activity during the day.

If a lack of sleep is bothering you, talk to your partner, friend, doctor or midwife.



Staying active across our Leisure Centres

At Parkwood Leisure, we are committed to supporting you to have a healthy pregnancy. Our goal is to offer a safe space for you to be physically active, gain knowledge on how to keep yourself and your baby as healthy as possible and meet others wanting to do the same.

With the information supplied in this booklet, the Aqua Natal classes we offer and through the safe social space we create within our facilities, we are here to support you to remain active and healthy, every step of the way.



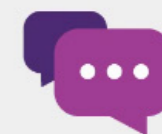
Parkwood Leisure is a proud supporter and Professional Member of the Hidden Disabilities Sunflower. The Hidden Disabilities Sunflower encourages inclusivity, acceptance and understanding, enabling our sites and services to be more accessible for people living with non-visible disabilities. Accessibility details of our sites are visible on the Sunflower Map.

LEISURE CENTRE

Find out more about our award winning, state of the art facilities and services across the the Country by visiting leisurecentre.com



Emotional support



Social support



Peer support

Good Boost: Aqua Natal

Musculoskeletal pain and discomfort is often more prevalent during pregnancy, specifically in the lower body such as the lower back and pelvis. We are therefore excited to be expanding our Good Boost MSK programme to include their Aqua Natal class, 'Bump Boost'.

Our friendly facilitators across our community Musculoskeletal (MSK) Hubs are on hand at all times from point of referral, to registration, to the sessions themselves, so any concerns, queries or questions you have can be answered.

Find out more about each of our community MSK Hubs by visiting leisurecentre.com/MSK

What is Bump Boost?

Bump Boost is an aqua natal exercise programme delivered via portable water resistant tablets in a class environment. Using artificial Intelligence, Bump Boost provides each individual with a personalised physical activity programme, tailored to meet your individual needs throughout 0-40 weeks of your pregnancy.



Scan the QR code to find out more

Getting involved in Bump Boost

Prior to attending a session we will require a referral form from you or your healthcare practitioner.

Referral forms can be found on our website or we can complete one together in site. We'll then meet, where we'll complete participant screening and registration and get you all set up ready to attend your first class.

Once registered on the tablet and you have attended your first session, you will be able to book the class on our website, on our app or at reception.

We would love for you to reap the rewards of being a part of this journey with us, not only physically, but also mentally and socially together.

Our weekly sessions are great for bringing expecting mums together to create a support network where you can socialise and learn more about what we have to offer.

We hope to continue to grow, develop and evolve as a centre, offering both prenatal support as well as postnatal activities, including mother & baby classes and much more over the next year.

We would love for you to be a part of this journey with us to support women's wellbeing through all stages of their life.



good boost

What our customers say



"I have been coming to GoodBoost for just over six months now! I think it is a great course. Every time I attend I get to set up my own exercise plan on the tablet which takes into account how much pain I feel and what energy level I have that day."



"I'm only 15 minutes in, and i can feel the stress melting away!"

"It's nice to meet with Ellie and the other members of the group for exercise advice or just a chat before the pool session starts. It really helps to lift my mood."



"My mobility in the water has improved since starting. My general mental health is much better. I love that it's individual exercise and it can be changed to suit how your health is. Ellie is fantastic at listening to your needs and helping you get the most out of each session. GoodBoost is the best exercise for me."



Stopping smoking in pregnancy

Protecting your baby from tobacco smoke is one of the best things you can do to give your child a healthy start in life. It can be difficult to stop smoking, but it's never too late to quit. The sooner you stop smoking, the better. But even if you stop in the last few weeks of your pregnancy this will benefit you and your baby.

Benefits of stopping smoking in pregnancy:

- Reduces the risks of complications in pregnancy and birth
- You are more likely to have a healthier pregnancy and healthier baby
- Reduces the risk of stillbirth
- Your baby is less likely to be premature
- Your baby is less likely to be born with a low birth weight
- You will reduce the risk of sudden infant death syndrome

Local stop smoking services are free, friendly and can massively boost your chances of quitting for good.

These services staffed by expert advisers provide a range of proven methods to help you quit.

They'll give you accurate information and advice, as well as professional support, during the first few months you stop smoking.

They also make it easy and affordable for you to get stop smoking treatments.

How to contact a stop smoking adviser:

Your GP, pharmacist or health visitor can refer you, or you can phone your local stop smoking service to make an appointment with an adviser.

Find stop smoking services in England:
www.nhs.uk/service-search/other-health-services/stop-smoking-support-services

Call the free Smokefree National Helpline on
0300 123 1044

Further support & how to get involved

Should you want any further support, have any questions, want to self refer or even help to promote the prenatal Bump Boost programme, feel free to contact your local Musculoskeletal (MSK) Coordinator:

Contact number: 01271649040

Email: ellie.hird@lexleisure.org.uk

To find out more about Bump Boost and to self-refer into the Bump Boost programme, please visit:

leisurecentre.com/msk

To find out more about the online nutrition courses please visit:

myhealthyway.co.uk

To find out more about all activities available at your local Leisure Centre, please visit:

leisurecentre.com

Further information and support which may be of use for you during your pregnancy can be found at:

NHS expert advice, videos and tips on pregnancy, birth and beyond

nhs.uk/start-for-life/start-for-life-emails

healthystart.nhs.uk

nhs.uk/pregnancy



sportengland.org/news/new-campaign-promotes-activity-pregnant-women-and-new-mums



movingmedicine.ac.uk/activemums/

my
healthy
way



Scan the QR code
or visit us at
myhealthyway.co.uk
to access online
wellbeing resources.



Scan the QR code to
find out more about
Good Boost and Bump
Boost classes across our
Leisure Centres, or visit
leisurecentre.com/msk

my**healthy**way.co.uk



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