

MOVE Together

Support to move more
during pregnancy and beyond

Why be active?

- ▶ Improves **fitness, mood and sleep.**
- ▶ Helps **manage weight** and **lowers risk of high blood pressure and gestational diabetes.**
- ▶ **Strengthens muscles** and **aids recovery after birth.**

Being active during pregnancy is safe for most women

and it's **great for both physical and mental wellbeing.**

Complete the **Get Active Questionnaire for Pregnancy (GAQ-P)** to check what's right for you, or speak to your GP first.





How does it work?

▶ Step 1: Get in touch

Call your Coordinator, **ask your GP or midwife** to refer you or complete the **online enquiry form**.

▶ Step 2: We'll contact you

Your Coordinator will get in touch to talk through the next steps.

▶ Step 3: Choose what suits you

Together, you'll explore activities from **home activity packs** and **walking groups** to **gym and leisure options**.

▶ Step 4: Ongoing support

You'll agree on the ongoing advice and support you'd like as you continue your activity journey.



For further information, contact your local Move Together Coordinator:

Oxford City:	07824 321720
Cherwell:	01295 221575
Vale of White Horse:	07717 836750
South Oxfordshire:	07717 836750
West Oxfordshire:	01993 861564

Visit getoxfordshireactive.org/move-together

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