



Healthy Weight in Pregnancy Programme

If you would like to join the service or would like more information, please **Speak with your midwife** or call: **0345 602 7068** and quote 'WWRS096'.

THE SERVICE IS PROVIDED BY **GLOWING POTENTIAL** ON BEHALF OF **WW**.

Personalised advice and coaching to help pregnant women optimise their health during pregnancy under the guidance of a Registered Dietitian

Why do the programme?

Maintaining a healthy weight and avoiding excessive weight gain during pregnancy can mean a healthy lower risk pregnancy and labour, as well as improved longterm health.

Understand a **healthy balanced diet** for pregnancy

Create **personalised goals** with your dietitian

Control weight gain during pregnancy and reduce risk of complications

Optimise your health and discuss **longer-term benefits** of weight loss after you give birth



Create a **physical activity plan**

Receive **ongoing weekly support**

Help with managing your blood sugars if you have **gestational diabetes**

How does it work?

You will have an initial telephone appointment with a dietitian where you will discuss all these topics in detail.
This is then followed by 8 weeks of coaching with the dietitian.

You can also join Weight Watchers for a free 12-week course after your post-natal examination if you meet the eligibility criteria. For more information visit: <https://www.weightwatchers.com/uk/hampshire>