

Get Active in North Somerset

Physical activities and healthy living

Pre and Post-Natal

Activity	Ages	When	Where	Contact
<p>Forever Active Suitable for pre and post-natal and older adults. Low impact keep fit class with an extended warm up to maintain and improve co-ordination, flexibility, strength and fitness</p>		Mondays 10.30am to 11.30am	Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD	01275 848 494 https://www.placesleisure.org/centres/parish-wharf-leisure-centre/
<p>Mummy Flow Teaching stretching techniques to reduce your risk of injury, to relax and wind down</p>		Wednesdays 9.30am to 10.30am	Hutton Moor Leisure Centre Weston-s-Mare BS22 8LY	zoe.oakley@n-somerset.gov.uk
<p>Mummy Movement – Introduction to physical activity Free 12-week strength and mobility session for pre and post-natal mums. A relaxed, supportive environment where you can learn body weight and free weight techniques</p>		Fridays 9.30am to 10.30am	Hutton Moor Leisure Centre Weston-s-Mare BS22 8LY	Zoe.oakley@n-somerset.gov.uk View full eligibility here: https://www.betterhealthns.co.uk/wp-content/uploads/2022/06/Mummy-Movement-2023.pdf

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<p>Post-natal Health, Exercise, Nutrition (HEN) Healthy lifestyle course for mums who have given birth in the last year.</p> <p>The course is aimed at women with a body mass index equal to 25 or more.</p>		<p>Wednesdays 11.15am to 1pm</p> <p>12 week rolling course – you can join at any time</p>	<p>The Radio Wing McCrae Road Locking Parklands Weston-super-Mare BS24 7LZ</p>	<p>To book a place please fill in the online Health MOT form: https://www.betterhealthns.co.uk/information/hen-postnatal/</p> <p>healthylifestyles@n-somerset.gov.uk</p> <p>01934 426 349</p>
<p>Couch to Fitness Flexible online exercise plans for beginners. Specialised pre-natal and post-natal sessions available</p>	All ages		Online	<p>https://couchtofitness.com/prenatal</p> <p>https://couchtofitness.com/postnatal</p>