

# Get Active in North Somerset

Physical activities and healthy living

## Pre and Post-Natal

Activity	Ages	When	Where	Contact
<p><b>Forever Active</b> 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>		<p>Mondays 10.30am to 11.30am</p>	<p>Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD</p>	<p>01275 848 494  <a href="https://www.placesleisure.org/centres/parish-wharf-leisure-centre/">https://www.placesleisure.org/centres/parish-wharf-leisure-centre/</a></p>
<p><b>Post-natal Health, Exercise, Nutrition (HEN)</b> Healthy lifestyle course for mums who have given birth in the last year.  The course is aimed at women with a body mass index equal to 25 or more.</p>		<p>Wednesdays 11.30am to 12.30pm  12 week rolling course – you can join at any time</p>	<p>South Weston Children’s Centre For All Healthy Living Company 68 Lonsdale Avenue Weston-s-Mare BS23 3SJ</p>	<p>To book a place please fill in the online Health MOT form: <a href="https://www.betterhealthns.co.uk/information/hen-postnatal/">https://www.betterhealthns.co.uk/information/hen-postnatal/</a>  <a href="mailto:healthylifestyles@n-somerset.gov.uk">healthylifestyles@n-somerset.gov.uk</a>  01934 426 349</p>
<p><b>Couch to Fitness</b> Flexible online exercise plans for beginners. Specialised pre-natal and post-natal sessions available</p>	All ages		Online	<p><a href="https://couchtofitness.com/prenatal">https://couchtofitness.com/prenatal</a>  <a href="https://couchtofitness.com/postnatal">https://couchtofitness.com/postnatal</a></p>