

# Physical activity during and after pregnancy

(2009)

**Type:** Brochure

**Description:**

This resource provides information on the benefits of exercise during and after pregnancy, including what kinds of exercise are appropriate and how to exercise safely during pregnancy.

**When to use this resource:**

This resource is part of the *Growing strong: feeding you and your baby* set of resources developed by Queensland Health to help health staff talk with Aboriginal and Torres Strait Islander families about nutrition and physical activity for mothers. It is suitable for individual or group settings. It could be left in community or health centres for people to read or take home for future guidance.

**Producer:**

Queensland Health, Brisbane

**To order copies of this resource**

Brochures are only available to those working with Aboriginal and Torres Strait Islander families in Queensland.

Order form: [http://www.health.qld.gov.au/ph/documents/hpu/growingstrong\\_order.pdf](http://www.health.qld.gov.au/ph/documents/hpu/growingstrong_order.pdf)

If you are not from Queensland you can download the PDF of these brochures from:

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