

A close-up photograph of a pregnant woman's feet resting on a wooden floor. The lighting is warm and soft, highlighting the texture of the skin and the wood. The feet are positioned centrally, with the toes pointing towards the bottom left.

Pitter patter and a natter.

Staying active can help you have a more comfortable pregnancy. Take a stroll with friends to help you feel better.



Speak to a healthcare professional about how increasing your movement can help with your pregnancy.