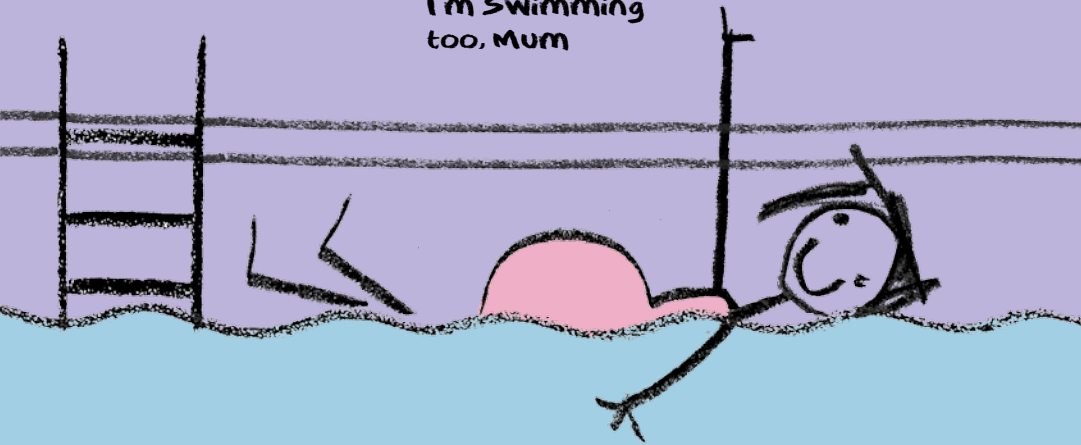


# Keep active this summer

Swimming is a great way to keep active

I'm Swimming too, Mum



## HEALTHY START

HS107PREG

# Keep active during pregnancy

**Some women say that pregnancy and giving birth is like running a marathon – it requires stamina, determination and hard work!**

By staying active, you're preparing your body to cope with pregnancy and labour. Combine this with a healthy diet and it'll be good for you and your baby – and much easier to get back into shape afterwards.

Keeping active doesn't have to be expensive – and there are lots of things you can do that are free!

- Simple stretching can ease back pain and help strengthen your muscles – ask your midwife for advice on stretches you can do at home.
- Walking is great for your circulation and will get you out in the fresh air. Why not go for a brisk walk in a local park or to the shops to spend your Healthy Start vouchers? You'll also get out in the sunshine, which is a great source of vitamin D and will help your baby's bones grow strong – just be careful not to get sunburn!
- Swimming is great because it's low impact but will also strengthen your muscles. Check your local council or library website for details of your local indoor or outdoor pool.

## Top tips

Avoid contact sports where there's a risk of being hit, and activities where there's a risk of falling. If you already take exercise classes, tell your instructor that you're pregnant. If this is your first attempt at exercising, start slowly and get advice from your midwife.

After 16 weeks of pregnancy, don't lie flat on your back during exercise. The weight of your bump can press on your large blood vessels and make you feel faint.



## Time to renew your tax credits!

It's that time of year again when you need to check and renew your tax credits claim – you should have received your tax credits renewal pack in the post. If you haven't received it by 15 July, call the Tax Credits Helpline on **0845 300 3900** and they will send one to you. You need to renew your tax credits by completing the forms and returning them by 31 July.

**Remember** – if you don't check and renew your tax credits claim by 31 July, you may not get the right number of Healthy Start vouchers. You might stop getting the vouchers altogether, so don't delay.

If you have any questions about tax credits renewals, just call the Tax Credits Helpline on **0845 300 3900** or visit **[www.hmrc.gov.uk](http://www.hmrc.gov.uk)**

### Tell us when your baby arrives

Once your baby is born, you'll want to share the news with everyone! Remember to tell us, too, so that we can start sending extra Healthy Start vouchers for your new baby straight away. Call the Healthy Start helpline on **0845 607 6823**. You'll also need to apply for Child Tax Credit for the new baby, so call the Tax Credits Helpline on **0845 300 3900**.

This will only take a minute and then I can get that veg peeled for dinner



## What's good to buy now and what's coming into season next?

Get ahead of Mother Nature with our handy guide to what fruit and veg is in season:

### **August/September**

raspberries, plums, apples,  
courgettes, runner beans,  
sweetcorn

### **October/November**

blackberries, leeks, potatoes,  
red cabbages, carrots



**Our new and improved Healthy Start website is coming soon!  
Watch this space for more details.**

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

**0845 607 6823** (local call rate from BT landlines)

If your circumstances change (for example, when you have your baby), remember to tell HMRC Tax Credits or Jobcentre Plus straight away. That way, you'll keep getting the right amount of Healthy Start vouchers.