

The Exercise & Pregnancy Helpline

1-866-937-7678

*Helping women to stay fit and healthy
during pregnancy*

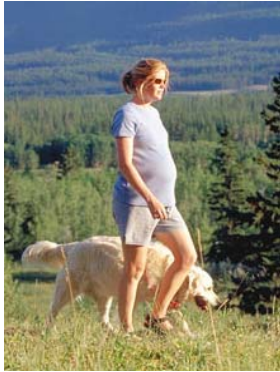


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Dedicated Exercise & Pregnancy Helpline:
1-866-937-7678
www.womenscollegehospital.ca

*Affiliated with Motherisk
The Hospital for Sick Children
(416)813-6780
www.motherisk.org*



Helpline?

The Exercise & Pregnancy Helpline offers information to women wishing to become pregnant or those women who are already pregnant. The helpline information is based on guidelines set out by the Society of Obstetricians and Gynaecologists of Canada, the Canadian Society for Exercise Physiology and the Canadian Academy for Sport Medicine.

Who are we?

Sport C.A.R.E., located at Women's College Hospital, is a multidisciplinary clinic with expertise in the area of women and physical activity. The toll-free Exercise & Pregnancy Telephone Helpline is serviced by Sport C.A.R.E. Physicians, Physiotherapists and Athletic Therapists.

How does it work?

- ▶ The helpline is toll free within North America and the service is free.
- ▶ Please leave us a message specifying your concern, a contact number and the best time to contact you.
- ▶ One of our trained professionals will return your call within 24 hours.
- ▶ Please allow at least 20 minutes of discussion time with one of our professionals. All information will remain confidential.
- ▶ We will also provide you with written material for follow up with your health care professional or alternatively you can make an appointment to come in and see one of the Sport C.A.R.E. physicians.

Who can we help?

- ▶ Any pregnant or pre-pregnant woman who has questions related to exercise during pregnancy.
- ▶ This includes athletes, active women and those who want to begin an exercise routine during pregnancy.