



Physical activity for women after childbirth (birth to 12 months)

 Time for yourself - reduces worries and depression

 Helps to control weight and return to pre-pregnancy weight

 Improves tummy muscle tone and strength

 Improves fitness

 Improves mood

 Improves sleep

Not active?
Start gradually

Active before?
Restart gradually



Start **pelvic floor exercises** as soon as you can and continue daily

Build back up to **muscle strengthening** activities twice a week

It's safe to be active. No evidence of harm for post partum women

Depending on your delivery listen to your body and start gently



You can be active while breastfeeding