

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

Home

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