

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**