

PHYSICAL ACTIVITY FOR WOMEN AFTER CHILDBIRTH

LET'S
GET
MOVING

HOW MUCH PHYSICAL ACTIVITY SHOULD POST-NATAL WOMEN BE DOING?



Aim to be active for 150 minutes of moderate intensity activity per week. Moderate intensity means your heart rate increases, but you can still hold a conversation.

Aim for strength and balance exercise on 2 days a week.

6 key benefits of moving more after pregnancy:



Improves fitness



Improves muscle tone and strength



Helps to boost energy'



Helps to control weight and return to pre-pregnancy weight



Improves mood and mental wellbeing



Me time! Reduces anxiety and depression

MORE IS BETTER!

It's safe to be active

There is no evidence of harm for post-natal women.

Straightforward birth?

Start gentle activity as soon as you are ready!

C-section or surgical intervention?

Allow time to recover and seek advice with any complications

GO! Turn over for activity ideas

EVERY MOVEMENT MATTERS

It's safe to be active

Depending on your delivery, listen to your body and start gently



You can be active while breastfeeding

TRY THESE AT HOME

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



Yoga or pilates



Going for a walk

GREAT FOR OUT AND ABOUT

Carrying shopping bags



Use a local outdoor gym

Take the stairs where you can



Visit the local park with the family



LEISURE ACTIVITY

Running



Dancing



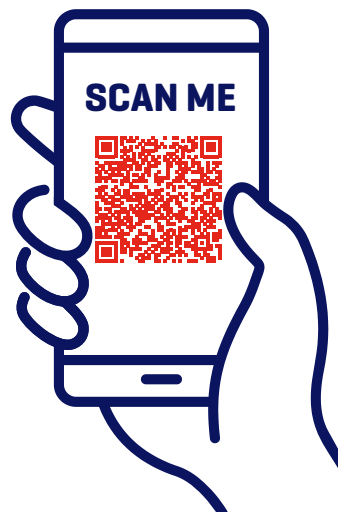
Post-natal activities and classes

Consider a local parkrun or parkwalk!



active-together.org/letsgetmoving

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