

# 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

**Out and about**

**Leisure**

aim for at least

**150**

minutes of moderate intensity activity every week

**Home**

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