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:
- Build back up to muscle strengthening activities twice a week

Leisure:
- 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

Home:
- Start pelvic floor exercises as soon as you can and continue daily

aim for at least
150 minutes of moderate intensity activity every week