

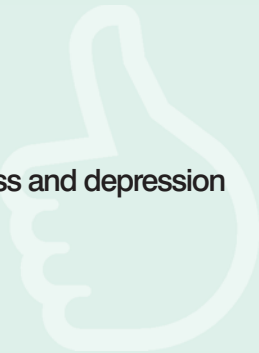
Getting active after you give birth

Did you know...

- Becoming active again as soon as possible after giving birth means you are less likely to develop postnatal depression

Benefits

- Faster Postnatal recovery
- Feel good
- Reduce the risk of sadness and depression
- Control weight gain
- Improve fitness
- Opportunity to socialise



Top Tips...



1 Listen to your body

2 Start slowly and progress gradually



3 Make sure exercise is reducing your stress and not provoking added stress



When to start

- If you gave birth naturally you can start gentle exercise as soon as you feel ready.
- If you are feeling comfortable during exercise and confident regarding bladder control, then you can start to gently increase towards higher-impact exercise. If in doubt, speak to your GP.
- If you had a caesarean your recovery time will be longer, it is recommended you wait 3 months before taking part in any high intensity activity.

Things to consider before you start:

- Your lower back, core abdominal and pelvic floor muscles may be weaker than they used to be.
- Your ligaments and joints will be more supple and pliable so it will be easier for you to injure yourself by stretching too much.
- Over a third of new mums have problems with "bladder control" during exercise so it's important to strengthen pelvic floor muscles. Pilates is a great way to do this. If the problem persists ask for a referral to a Physiotherapist!

Don't forget...

- Eating healthy is important
- You need time to rest
- You've just had a baby, exercise is going to be harder than it used to be



Exercise ideas



Postnatal exercise classes



Go for a brisk walk pushing the pram



Try pelvic floor exercise at home



Walk short journeys instead of taking the car



Take the stairs instead of the lift