



# 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

**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**