



How can you be more active after childbirth?

Active before? Return gradually.

Did you know, if you were **already active before** giving birth **returning gradually** and **building up** activity slowly has benefits for your physical and mental wellbeing?

Not active before? Start gradually now.

Did you know, if you're **new to activity**, **starting gradually** and **building up** your activity levels means you too can improve your physical and mental wellbeing?

Why should you be active following childbirth?

Key benefits include:



Reduces depression and worries

Improves mood



Improves fitness

Helps to control weight and return to pre-pregnancy weight



Improves sleep

Improves tummy muscle tone and strength



After your 6 – 8 week postnatal check

Depending on delivery, you can gradually reintroduce physical activities.

If you weren't active before, start gradually and slowly build up to moderate intensity physical activity.

If you were active before, restart gradually, building up to moderate intensity physical activity over a minimum period of 3 months.

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

For more information and inspiration why not use the NHS accredited Baby Buddy App?

www.babybuddyapp.co.uk/this-mum-moves

How much activity is recommended?

Aim to gradually build up to 150 minutes of moderate intensity physical activity spread throughout the week.

Don't worry, you need not do it all at once and every activity counts!

Build back up to muscle strength and balance activities twice per week e.g. pushing the pram uphill, taking the stairs, carrying shopping bags, exercises with your baby, and postnatal yoga.

What does it mean to be physically active?

Moderate intensity activities involve any activity that makes you breathe faster whilst still being able to hold a conversation.

If you've had a straightforward birth, you can try the following activities as soon as you feel up to it:

Walking



Gentle Stretches



Deep stomach and pelvic floor exercises



Taking the stairs



Active with others



Active with baby



When can I start being active after childbirth?

If you've had a straightforward birth, you may start gentle activity as soon as you feel up to it, e.g. walking, gentle stretches, pelvic floor exercises and deep stomach exercises.

After the 6-8 week postnatal check and depending on how you feel, moderate intensity activities can gradually resume over a minimum period of at least 3 months. After this, and in the absence of any issues, more intense activities can resume such as running.

Visit www.thismummoves.co.uk to find out more #ThisMumMoves

The information on this leaflet is based on guidance provided by the UK Chief Medical Officers. For further details visit: <https://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report>

Important safety messages

There is no evidence that being active after childbirth is harmful to healthy women. Being active is also safe for those who breastfeed their baby.

Depending on your delivery listen to your body and start gently. It is important not to do too much too soon. If you experience unusual symptoms, stop and seek advice.

Be active in your own way. Not every woman is the same. Being active with baby and others is a great way to socialise and incorporate physical activity into your lifestyle.

Join the movement!

Join the thousands of women finding ways to be active after childbirth and let us know what activities work for you!

Share your activity journey with #ThisMumMoves

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