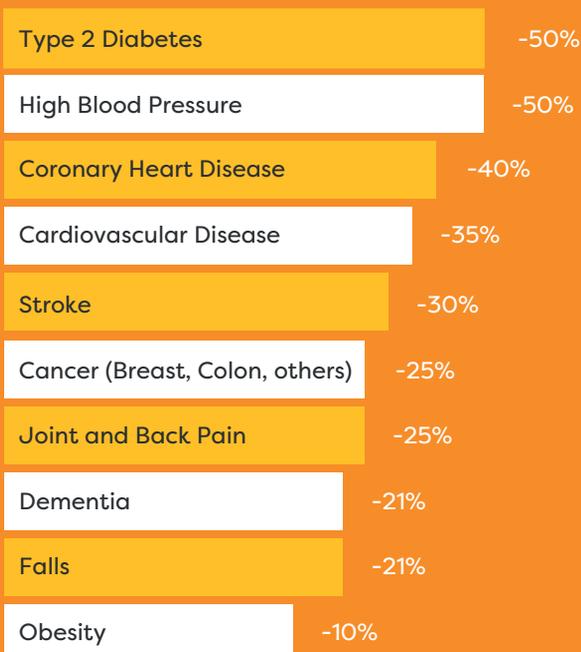


Being active is important after having a baby

What good things could being more active do for you?

-  Can help with weight management
-  Improves blood sugar control in diabetes
-  Improves bone health
-  Improves tiredness and lethargy
-  Improves mental health
-  Improved blood pressure control and benefits for cardiovascular system
-  Improves back pain
-  No negative effects on breastmilk production
-  Improves cardiovascular fitness

Reduce your risk by being more active. All adults keeping physically active reduces your chance of:



How can being active benefit me?



Better sleep quality



Can help clothes feel more comfortable.

Improve fitness

Feel less tired

Follow these Top Tips to keep you active:

Build activity into everyday life:

1 Any activity is better than none; remember 'Every movement counts'; build up your activity levels gradually

2 Start with pelvic floor muscle exercises (PFMEs), gentle core exercises, and short walks.

3 Consider short walks with the buggy/sling, or light activities around the house when your baby is sleeping or is happy spending time separate to you.

4 Prioritise rest over higher intensities of exercise when sleep-deprived, but know that even light-intensity activity can improve fatigue levels.

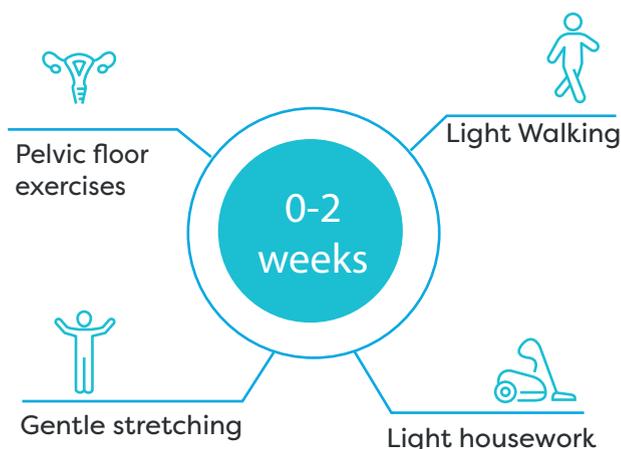
5 Take your time returning to impact-based activities such as running or HIIT training involving jumping. Core and pelvic floor function requires rehabilitation over several months in order to withstand these forces.

6 Be mindful of pain, bleeding, or symptoms of pelvic floor dysfunction e.g. incontinence and prolapse. Don't stop; just modify until symptoms improve and seek further advice if they do not.

7 Find an activity you enjoy; take advantage of group or online sessions if available

8 Don't get overwhelmed; small changes now can lead to large benefits in the future.

9 To protect your baby's neck and spine It is recommended that buggy running with your baby should not start until they have the neck strength to hold their head up on their own, this is likely to be around about 6-9 months in age



From 3 - 6 months in addition to the above you can start to introduce higher impact activities such as running/jumping

At 6-9 months postnatal you can introduce buggy running - see tip 9.

Before moving to the next stage, review your progress and seek help if you are having difficulty with the activities or start to develop new symptoms