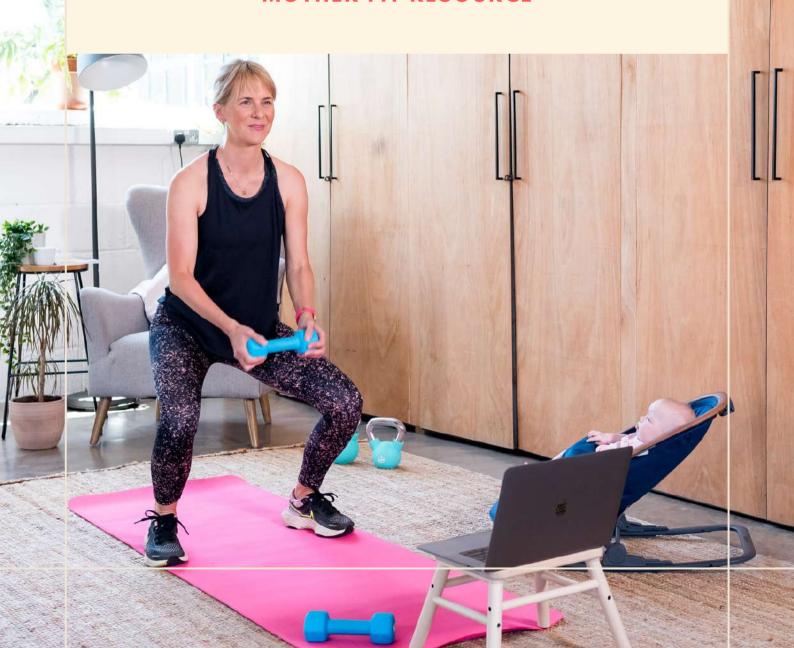
## MOTHER

MIND BODY SOUL

## UK Physical activity guidelines: After childbirth

**MOTHER FIT RESOURCE** 



## Physical activity for women after childbirth (birth to 12 months)



Time for yourself reduces worries and depression



Helps to control weight and return to prepregnancy weight



Improves tummy muscle tone and strength



Improves fitness



Improves mood

**ZZ** 

Improves sleep



It's safe to be active. No evidence of harm for post partum women Depending on your a delivery listen to your body and start gently



You can be active while breastfeeding