

**MOTHER
FIT**

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 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

Build
back up
to **muscle
strengthening**
activities twice
a week

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