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
- ZZ Improves sleep

Not active?
Start gradually

Active before?
Restart gradually

Out and about

Home

Leisure

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

aim for at least
150 minutes
of moderate intensity activity every week

UK Chief Medical Officers’ Physical Activity Guidelines, 2019