

# Physical activity for women who are postpartum (first 12 months)

A positive focus and 'time out' for yourself

Helps to control weight and return to previous weight

Improves core muscle tone and strength

Improves fitness

Known benefits to mood and mental health

Improves sleep

**Not active?**

Start gradually

**Active before?**

Restart gradually

Out and about

Leisure

Aim for at least  
**150**  
minutes  
of moderate intensity activity  
every week

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

Build back up to muscle strengthening activities twice a week

Home

It's safe to be active. No evidence of harm to postpartum women

Listen to your body and start slowly, considering your type of delivery

UK Chief Medical Officers' Physical Activity Guidelines, 2019