

Postnatal exercises for mums

Postnatal exercise is important, so when you're ready to ease back into it we have some exercises for new mums listed here.

- ✧ Talk to your GP if you've had a C-section. You may want to wait until after your six week check before doing certain exercises
- ✧ Talk to your GP if you had stitches after birth as this may affect the type of exercise you can do.
- ✧ Start with pelvic floor exercises multiple times a day. Let your midwife advise you on how often.
- ✧ Start walking as soon as you feel ready to, even after a C-section.
- ✧ Try gentle exercise as soon as you're ready if you've had a straightforward birth.
- ✧ It's a good idea to wait for your six-week check before doing high impact exercise.
- ✧ Speak to your GP if you were exercising regularly before giving birth, as you may be able to start aerobic exercise before six weeks. Although it might be best to try specialised post-natal swimming or exercise classes at first.
- ✧ Try to do warm-ups and cool downs.
- ✧ Try push-ups. Your upper body could do with strengthening for all the baby carrying.
- ✧ Try pelvic tilts.
- ✧ Try building your workout slowly over time. Start with walking and build up the duration slowly before you get back to jogging or sprinting.
- ✧ Try to ease slowly into ab workouts.



- ✧ Research diastasis recti and make sure you watch out for signs of it before doing ab work.
- ✧ Consider trying more simple pelvic exercises before your six-week check if you had a C-section.
- ✧ Look for mum and baby exercise classes.
- ✧ Try postpartum or postnatal exercise videos online.
- ✧ Stop exercising if there's abdominal or vaginal pain.
- ✧ Stop exercising if there's heavy bleeding.
- ✧ Stop exercising if you have any worrying symptoms and talk to your GP.