



# POSTPARTUM WORKOUT GUIDANCE



## WHERE DO I START?!

After giving birth, your body takes a minimum of 6 weeks to heal. So please consult your healthcare professional before starting any exercise. Moving your body postpartum, at the start, should be to keep a strong and healthy mind and keeping your body moving for healing. Further down the line, if you have physical goals they come in to play. But remember, you've just birthed a baby! Go slowly and easy.

Below is a simple guidance plan of what may work for you. Remember, you know your own body and it's limits. The below is for guidance only. Please, always consult your health care professional before participating in exercise.

## STRETCHES

As a guide, try and do stretches around 3 times a week. Stretching before bed also helps your body and mind relax before sleep. This will really help relax your body when dealing with the sleep deprivation from newborn days or when they're older and you have endless lists and your mind won't switch off from running around all day.



## WORKOUTS

Any movement is good movement so don't feel you have to stick to the sample weeks below. If you experienced a traumatic birth, are struggling with your mental health or are simply new to fitness, take it easy and set yourself realistic expectations.

If all you can manage in the day is a walk to the park and back, go you! Exercise doesn't have to be a one size fits all. If you're struggling mentally, put on your favourite tunes and dance around the kitchen! If you're new to fitness build it up slowly, 1 workout video a week and a few outdoor walks. Next week? 2 workout videos, a walk and a leisurely swim (great for back pain)

Any problems or just wanting more guidance, just book a private chat with me or go on the forum and see what other mummies are doing!



## HOW DOES IT WORK?

You're given your postpartum workouts in 3, 1 month blocks.

Some of you may need to build it up more slowly than others depending on your body, fitness levels pre baby and the type of birth you had.

You can start doing stretches and pelvic floor exercises as soon as you feel ready, but it is best to wait to do any high intensity training such as running until you've had your 6 week check up. If you have a cesarean it may be optimal to wait 12 weeks before any high intensity training. But, consult your healthcare professional.

If your bleeding postpartum changes in colour or gets heavier after exercise, it may be a sign you're pushing yourself too hard. As always, you know your body best, so prioritize rest and take it slow.



## SAMPLE MONTH 1 WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM Stretch Pelvic Floor Workout	Boogie In The Kitchen	AM Stretch	Rest Day	AM Stretch Diastis Recti Workout	Walk Around The Block	Rest Day Night Time Stretch



# POSTPARTUM WORKOUT GUIDANCE



## SAMPLE MONTH 1 WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM Stretch Pelvic Floor Workout	Walk Around The Block	AM Stretch Diastis Recti Workout	<b>Rest Day</b> Night Time Stretch	AM Stretch Arm Workout	Boogie In The Kitchen/ Moderat e Paced Walk	<b>Rest Day</b> Night Time Stretch



## SAMPLE MONTH 2 WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM Stretch Diastis Recti Workout	1hr Walk	AM Stretch Practical Workouts For Baby	<b>Rest Day</b> Night Time Stretch	AM Stretch Leg Workout	Slow swim/ Walk Pelvic Floor	<b>Rest Day</b> Night Time Stretch



## SAMPLE MONTH 2 WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM Stretch Bum Workout	1hr Walk Pelvic Floor	AM Stretch Practical Workouts For Baby	<b>Rest Day</b> Night Time Stretch	AM Stretch Leg Workout	Moderate Speed Swim/ Pelvic Floor	<b>Rest Day</b> Night Time Stretch



## SAMPLE MONTH 3 WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM Stretch Diastis Recti Workout	30 minute run (Start learning how to run 5k/book 1:1)	AM Stretch Practical Workouts For Baby	<b>Rest Day</b> Night Time Stretch	AM Stretch Bum Workout	Fast Swim/ Walk	<b>Rest Day</b> Night Time Stretch