

FAQs

1. What are some of the benefits of exercise for postpartum women?

It helps strengthen and tone abdominal muscles.

It boosts energy.

It may be useful in preventing postpartum depression.

It promotes better sleep.

It relieves stress.

2. How much should I exercise after I have a baby?

After having a baby, it is recommended that you get at least 150 minutes of moderate-intensity aerobic activity every week.

3. What is aerobic activity?

An aerobic activity is one in which you move large muscles of the body (like those in the legs and arms) in a rhythmic way.

4. What is moderate-intensity activity?

Moderate intensity means you are moving enough to raise your heart rate and start sweating. You can still talk normally, but you cannot sing.

5. What are muscle-strengthening workouts and how often should I do them?

This type of exercise works the body's major muscle groups, such as the legs, arms, and hips. Muscle-strengthening activities should be done in addition to your aerobic activity on at least 2 days a week.

6. When can I start exercising after pregnancy?

If you had a healthy pregnancy and a normal vaginal delivery, you should be able to start exercising again soon after your stitches have completely healed. If you had a cesarean delivery or other complications, ask your health care provider when it is safe to begin exercising again. Getting the green light from your Gynae is the safest!

**Sources from: <http://www.acog.org/>*