

Returning to exercise

Exercise is an important aspect of a healthy lifestyle and generally the time you can resume exercise is a matter of personal choice. **If you've had a caesarean it is important to wait at least eight weeks.** Most women choose to wait until after their six week postnatal check with the GP before resuming exercise. When you start exercising it is important to remember to:

- stop if it hurts
- stop when you are tired
- never exercise when you are feeling unwell

Try to avoid high impact exercise (jogging and jumping) for at least three months after birth. High impact exercise can put unnecessary strain on muscles, joints and the pelvic floor.

Find out if there are any local postnatal exercise, yoga or pilates classes near you. This can help with motivation and provide a social outlet.

Remember that each woman's recovery after birth is different, and avoid comparing yourself to others or setting unrealistic goals. Trying to incorporate gentle exercise into your daily activities is a great start, and it's important to have plenty of rest as well.

For more information visit:

- **The sexual health charity FPA:**
www.nhs.uk/Conditions/pregnancy-and-baby/Pages/keeping-fit-andhealthy.aspx

