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Physical activity during and after pregnancy



Growing Strong Feeding you and your baby

Great state. Great opportunity.



Physical activity will help you:

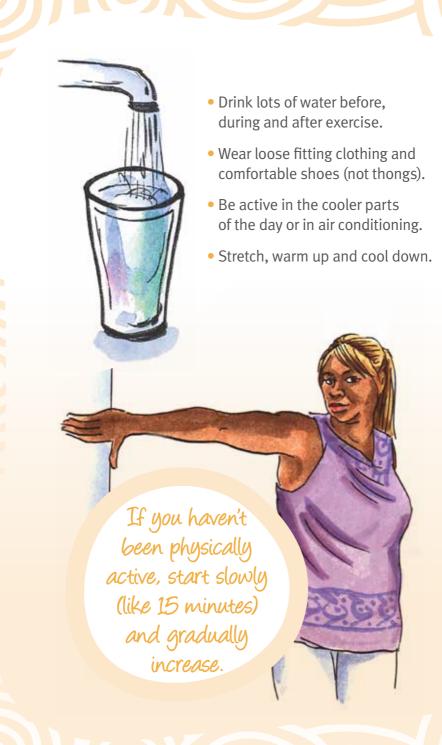
- Cope with labour and caring for your newborn baby
- Recover more quickly after childbirth
- Return to pre-pregnancy weight and fitness
- Be less stressed.



Check with your doctor or midwife to make sure it is okay for you to be active, especially if you:

- Have high blood pressure
- Are expecting twins
- Might have Baby early
- Have not been physically active for some time.





Recommended activities during pregnancy

- Walking
- Using an exercise bike
- Some types of exercise classes (let your instructor know that you are pregnant)
- Gentle stretching
- Swimming and water aerobics

Pay special attention to your body. Make sure you STOP if it hurts!

Don't push
yourself if you
feel tired or unwell.
New mums need
lots of rest.

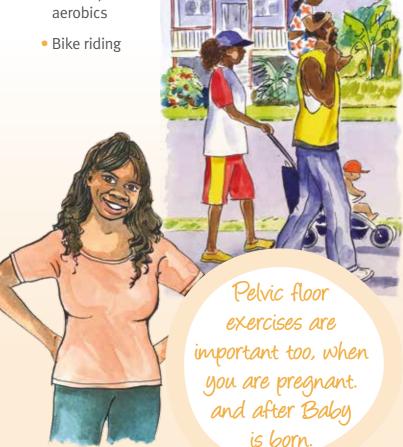




Recommended activities after Baby is born

Once your doctor or midwife says you can be active again, try:

- Walking (push Baby in the pram)
- Swimming
- Low impact aerobics



STOP and see your doctor, midwife or health worker immediately if you feel any type of pain, unusual swelling, headaches or discharge while you are active during or after pregnancy and after Baby is born.

Breastfeeding Baby

If you are breastfeeding, be active after breastfeeding when your breasts are not so full and heavy. A supportive bra helps you feel comfortable.



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For more information contact your local health worker or call 13 HEALTH (13 43 25 84).



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