



Caring for Yourself



Physical Activity

Can I exercise after I give birth to my baby?

- Exercise is important to help your body recover after pregnancy and childbirth.
- Try to keep good posture while walking, standing, or sitting. Gently pull in your tummy and relax your neck and shoulder muscles.
- Kegel exercises (exercises involving controlled tightening and release of the muscles at the base of the pelvis) will help return muscle tone to the vagina that was stretched during childbirth.



Click here for exercise suggestions from the "[Basic Exercise Guidelines for After You Have Had Your Baby](#)" pamphlet.

