

# Exercise After Your Baby Is Born

There are a lot of new things to get used to after your baby is born. Taking care of your new baby 24 hours a day can be very tiring. You may feel overweight. You may find yourself crying for no reason.

Exercise can help you with all of these problems. If you have someone to watch your baby, it can give you time alone. Or you can exercise with your baby. Take him on a walk every day, in his "snuggly" or stroller. Or put a workout video in the TV.

## When should I begin exercising?

It is probably a good idea to wait at least a couple of weeks after your baby is born. During this time, rest as much as you can and concentrate on getting to know your baby.

When you are ready to begin exercising, start very slowly. Do not try to begin where you left off before your baby was born. For example, take a short walk. Then walk for longer periods each day. It will take you two or three months to build up your strength.

- Be sure to drink enough water when you exercise. If something hurts, or you feel very tired, stop exercising for the day.

## What are some benefits to exercise?

- Losing weight
- Having more energy
- Having stronger muscles
- Feeling better about yourself

## What if I am breastfeeding my baby?

- It is all right to exercise and diet when you are breastfeeding.
- Be sure to drink plenty of water.
- Do not lose more than a pound a week.
- If your baby is not gaining enough weight, cut back on your exercise program or your dieting.



### Crib Sheets

Health information about pregnancy, parenting and infant care from the University of Washington School of Nursing.

For additional information, email [stepup@u.washington.edu](mailto:stepup@u.washington.edu)