

ENERGISED

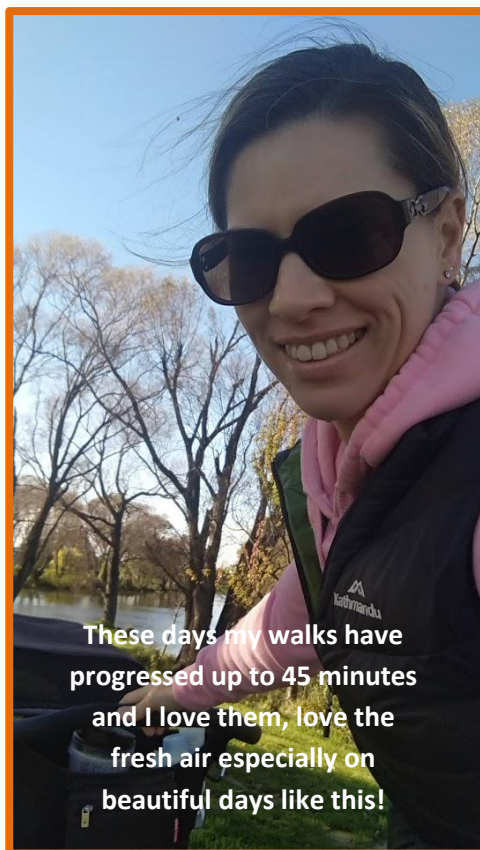
PERSONAL - TRAINING

Returning to walking post-partum

Walking is a great form of low impact exercise for new mums, it is free, it gets you out in the fresh air, its gentle and low impact and it is usually convenient.

When you first start out walking, keep your walks short, start with just going around the block, so you can ensure you don't have too far to go if you suddenly get sore or too tired to get back home again. You are likely to be sore especially in those first couple of weeks post birth. I am going to put my nurse hat on here and tell you it is ok to take pain relief to get you through these first couple of weeks (Paracetamol is safe if you are breastfeeding and effective to take the edge off).

If you find you can manage well on your first walk, you have no leaking, heaviness or pain afterwards you will know it will be ok to start increasing your time and/or distance that you walk, but again gradually increase this. During the first two weeks start off with no more than ten minutes once or twice per day at an easy, restorative pace as your energy level and schedule permit. Consider trying two shorter walks during the day rather than one longer one if you want to do a little bit extra.



If you have the opportunity it is also great to have some time where you are able to walk freely without pushing a pram so you can get your arms swinging and trunk rotation for improved upper body mobility and to help reduce aches and pains.