

Post-Partum Physical Activity Guidelines for New Parents

Dear [Parent's Name],

Congratulations on the arrival of your new baby! As you navigate this exciting and transformative time, it's essential to prioritize your physical health as well. Here are some guidelines to help you safely engage in physical activity during the post-partum period:

1. Consult Your Healthcare Provider

Before starting any exercise routine, ensure you have a discussion with your healthcare provider to confirm that you are ready for physical activity.

2. Start Slow

Begin with gentle activities such as walking or light stretching. Aim for about 10-15 minutes a day and gradually increase as you feel comfortable.

3. Listen to Your Body

Pay attention to how your body feels during and after exercise. If you experience any pain or discomfort, please stop and consult your healthcare provider.

4. Incorporate Core and Pelvic Floor Exercises

Include exercises that strengthen your core and pelvic floor muscles. Workshops or classes on these specific areas can be beneficial.

5. Stay Hydrated and Nourished

Ensure you are drinking enough water and maintaining a balanced diet to support your recovery and energy levels.

6. Find Support

Consider joining a post-natal exercise group or finding a workout buddy for motivation and support.

Remember, the journey to regain your strength takes time, and every step counts. Take care of yourself as you care for your little one!

Warm regards,

[Your Name]

[Your Title/Position]

[Your Organization/Practice]