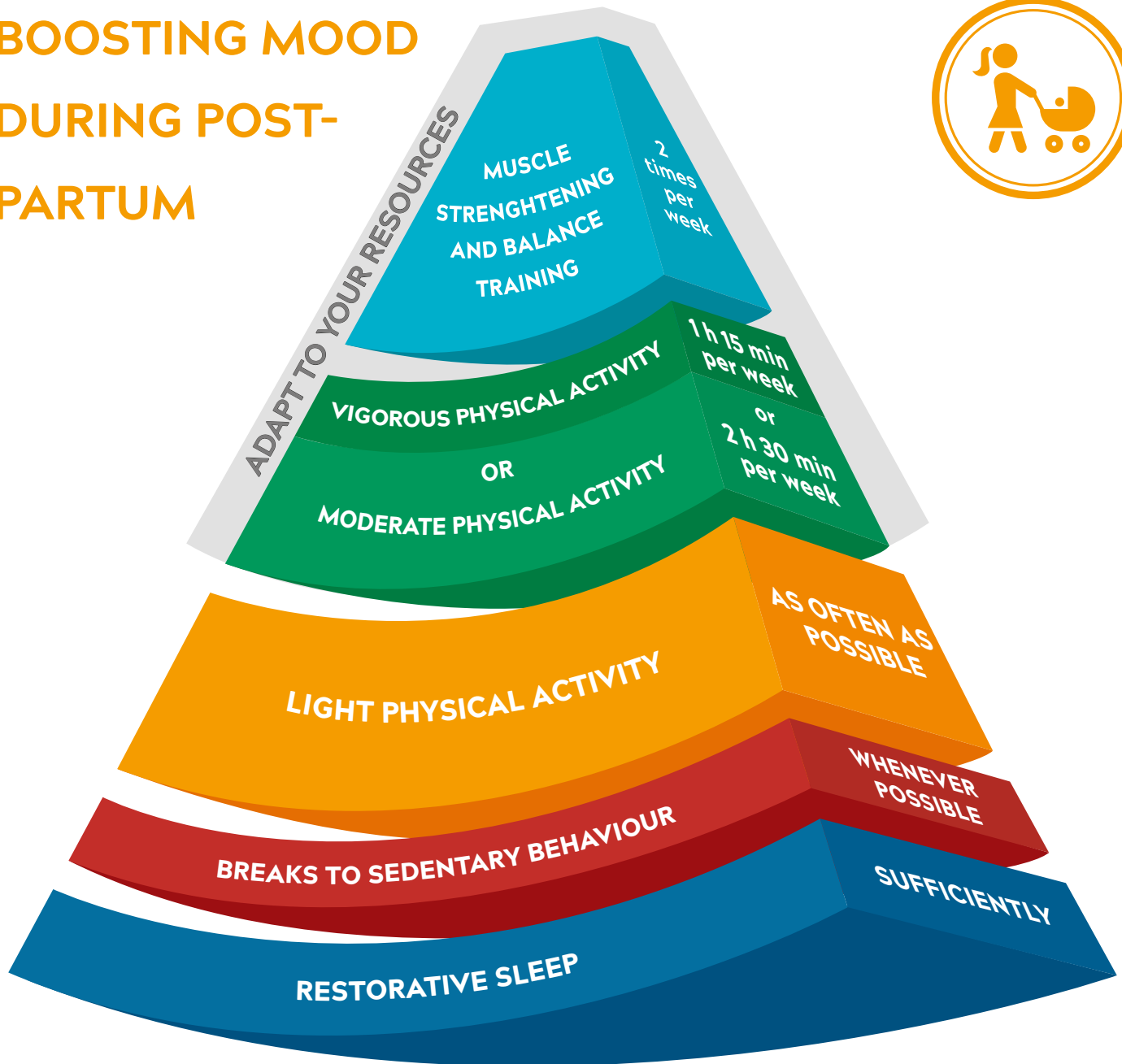


# BOOSTING MOOD DURING POST- PARTUM



Weekly physical activity recommendation after delivery  
(uncomplicated delivery)



## UTILISE EVERYDAY OPPORTUNITIES TO BE PHYSICALLY ACTIVE

### Restorative sleep sufficiently

During sleep, your brain structures your thoughts and helps you to recover from daily stress. Learn to recognise the amount of sleep that you need and try to match your sleeping habits with your baby's sleep pattern.

### Breaks to sedentary behaviour whenever possible

Breaks improve blood circulation, activate muscles and reduce strain on your body. Set yourself screen time limits and choose the TV programmes that you wish to watch.

### Light physical activity as often as possible

Every step counts. Utilise housework, grocery shopping, outdoor exercise with your family and other everyday activities. However, remember to rest during the day.



### Regular physical activity after delivery

- improves physical fitness and increases energy
- boosts mood and supports mental well-being
- helps return to pre-pregnancy weight.

## HOW MUCH PHYSICAL ACTIVITY IS GOOD FOR YOU?

Even short bouts of physical activity count.

### Moderate physical activity

**At least 2 h 30 min per week**  
All activity that increases your heart rate counts.

> Physical activity is moderate, if you are able to talk despite shortness of breath.

OR

### Vigorous physical activity

**At least 1 h 15 min per week**  
You will achieve the same health benefits in a shorter length of time, if/when you increase the intensity of your activity.

> Physical activity is vigorous, if talking is difficult due to shortness of breath.

IN ADDITION

### Muscle strengthening and balance activities

**At least twice a week**  
Use your muscles and challenge your balance more than normal.

> Choose your way, e.g. weight training, stairs workout, group exercise.

### When can you start physical activity?

- Recovering from delivery is different for each individual – you can start light physical activity as soon as you feel ready to do so.
- Listen to your body and gradually increase the number and intensity of the physical activity.
- If you are uncertain, do not hesitate to consult your nurse or doctor.

#physicalactivityrecommendation

## WHAT KIND OF PHYSICAL ACTIVITY IS SUITABLE?

- Start pelvic floor muscle training right after delivery, because it prevents possible urinary incontinence. Further advice is provided by e.g. the physiotherapy of your local health centre. Instructions on pelvic floor muscle exercises are available in Finnish at [www.kaypahoito.fi](http://www.kaypahoito.fi)
- Choose activities that you find safe and familiar, e.g. workout sessions with your baby or pram walking.
- In the beginning, avoid physical activities that include intense jumps or rapid changes of direction, because your ligaments might have loosened due to hormonal changes.
- You may return to running 3 months after delivery at the earliest. Before graded return you should not have any symptoms of pelvic floor weakness in everyday activities or running attempts.

## PHYSICAL ACTIVITY AND BREASTFEEDING

- Drink a sufficient amount of fluids during physical activity.
- A moderate amount and intensity of physical activity does not affect the quantity or quality of the breast milk, or the ability to breastfeed nor the baby's growth.
- The best time for breastfeeding is before physical activity – the breasts become lighter and physical activity is more comfortable.

By being physically active you support both your own and your baby's well-being.