

## Exercise can...

- Help you lose some of the weight you gained during pregnancy
- Make you feel more energetic
- Make your heart stronger and reduce your risk of certain diseases
- Relieve stress and tension
- Enhance your mood and confidence
- Strengthen your bones and muscles



*Breastfeeding Friendly*



ANYTIME. ANYWHERE.



**Healthy Babies  
Healthy Children**  
REGION OF PEEL

Region of Peel — Public Health  
905.799.7700  
[www.peelregion.ca](http://www.peelregion.ca)

Caledon residents call toll-free  
905.584.2216

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# Breastfeeding and Physical Activity



Breastfeeding gives your baby  
the best start possible.  
Do the same for yourself!

 **Region of Peel**  
*Working for you*  
Public Health

## How to get started!

- As soon as your doctor agrees, you can begin with gentle activities like walking and pelvic tilts
- Breastfeed your baby before you exercise so you will feel more comfortable
- Wear a good sports bra
- Drink plenty of water before, during and after you exercise
- Involve your family to help you with ideas, motivation, support and child care
- Contact your community recreation centre for ideas, team up with friends, involve your children

## Did you know?

- Exercise will help your body recover from the changes of pregnancy and childbirth
- Exercise does not affect your milk supply
- Three 10-minute bouts of exercise are just as effective as one 30-minute bout
- A brisk walk around the block can be as effective as a treadmill

## A fitness plan should include:

- Aerobic exercises, such as walking or biking, to strengthen your lungs and heart
- Weightlifting, for muscle and bone strength (plastic bottles filled with water can be used as weights)
- Stretching, to improve flexibility and circulation

## Remember...

- Exercise should be introduced slowly and increased gradually
- Everyone is different. If you had a Cesarean Section or complications during childbirth, you may need to take more time
- Pace yourself – be sure to take time to recover and rest

Be careful not to overdo it! If you experience any of the following, stop your workout and consult your doctor:

- ✓ Persistent pain, an injury, or chest pain
- ✓ Increased or changes in postpartum discharge
- ✓ Persistent headaches, faintness, or dizziness
- ✓ Rapid heart rate that persists after exercise