

Toning Your Body In The First 6 Weeks

Take it easy

- Resting, bonding with your baby, and eating well are the most important activities in the first few weeks. Keep them a priority.
- If your bleeding increases or resumes, you feel exhausted, or experience pain, it is a sign that you are doing too much. Cut back on activity.
- Consider yourself and your baby a unit. Only exercise at times that you are both comfortable doing it. Consider keeping your baby next to you during toning activities.
- Try to only do the activities listed here in the first 6 weeks. After your body has had time to heal you may consider other exercises.

Posture

After pregnancy and birth you should retrain your body to have good posture in order to relieve and prevent pain and weakness.

- Keep your head high and over your shoulders, shoulders straight over hips, and hips straight over your feet.
- Bend at the knees and lift with your legs when picking up anything, including your baby. This will prevent strain on your back.
- Hold your baby in the center of your body rather than to the side.
- Consider using pillows and/ or a stool to prop yourself and your baby during breastfeeding. Try to sit straight instead of slouching.



Constructive resting

Takes pressure off from your back and provides a time to rest your mind.

- Lie on your back with feet flat on the floor and knees bent, relaxed, and touching.
- Lengthen your spine with your head straight and even, not tucked or extended.
- Rest your arms across your chest or belly with fingers relaxed.
- Breathe deeply, this is a good time to meditate or think positive thoughts.
- To get up, roll to your side, then to your knees.

Pelvic floor

Birth can weaken your pelvic floor muscles and sometimes cause incontinence.

Kegels

- Contract your pelvic floor muscles, slowly lifting upwards as if going up floors on an elevator
- Hold the contraction when you reach the top
- Slowly release the contraction as if going down floors on an elevator
- Rest at the bottom
- Repeat several time daily
- You may prefer to envision a jellyfish gently contracting and relaxing

Squatting

- Can be done throughout the day anytime you have to pick something up off the floor.
- With your feet hip width apart and straight forward, bend at the knees keeping your pelvis extended rather than tucked.
- Keep your back upright and do not bend at the hips
- Use your legs to lift yourself straight up.