



# What's your move?

After having a baby, it can be hard to get active again. But did you know physical activity can help you **feel better** right away?



Boost your mood



Sharpen your focus



Reduce your stress



Help you feel less tired

And when you're active, it's easier to keep up with your growing baby!

**So get more active — and start feeling better today.**

## How much activity do I need?

### Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



### Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

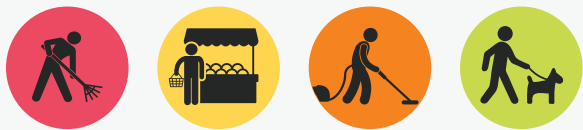


Is that more than you can do right now? **Start with just 5 minutes.** It all adds up! Focus on being a little more active today than you were yesterday.

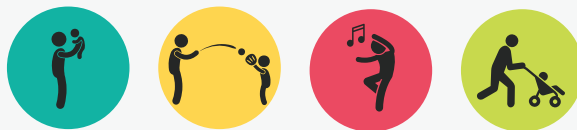
Do you enjoy more intense activity, like running? You can get back to it — just start slow and build up to more activity over time.

## What counts?

Whatever gets you moving!



Even things you have to do anyway



Even things that don't feel like exercise

**So give yourself credit** — you may already be more active than you think.

## Listen to your body.

Physical activity may feel different after you have a baby. If an activity feels uncomfortable, try something else! And if you're not sure where to start, try adding a bit more walking to your day. Walking is safe and easy, and you can do it almost anywhere.



## More questions? Talk with your doctor.



Checkups are a great time to talk about physical activity. Try asking these questions:

- What activities would you recommend for me?
- Are there any activities I should avoid?
- What should I do if physical activity feels uncomfortable?

So take the first step. Get a little more active each day. **Move your way.**

Find tips to get moving and build a weekly activity plan.

[health.gov/MoveYourWay/Activity-Planner](https://health.gov/MoveYourWay/Activity-Planner)

