



“I started slow after my baby was born. **That really worked for me.**”

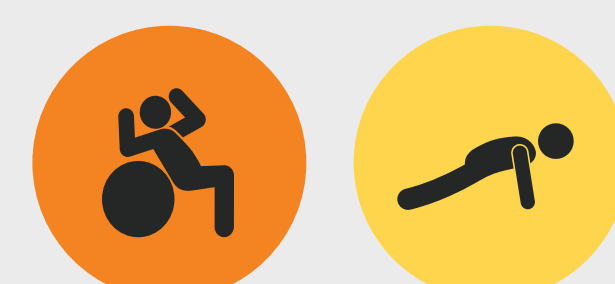
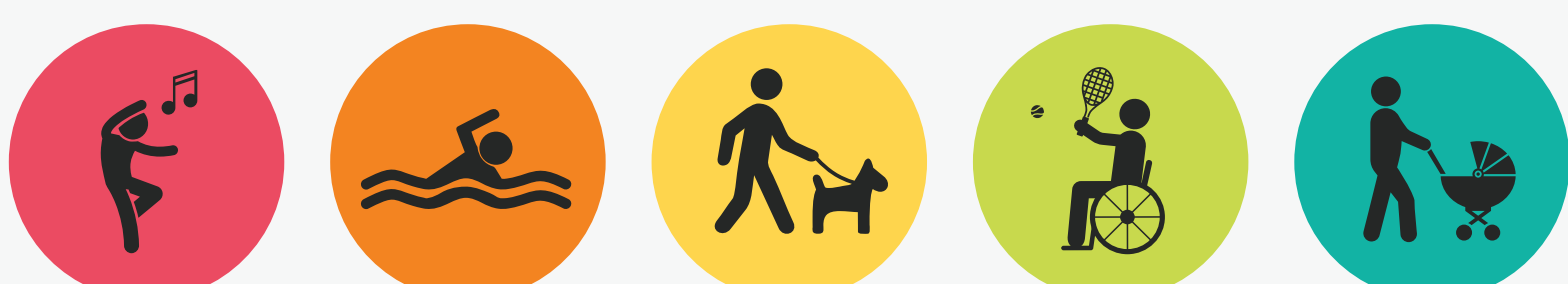
Any amount of physical activity – even 5 minutes – has benefits:

- ✓ More energy
- ✓ Better mood
- ✓ Less stress

Everyone needs a mix of physical activity to stay healthy – and you need the same mix during and after pregnancy.

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



Walk. Run. Dance. Play. **What's your move?**

health.gov/MoveYourWay

