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.

- at least 150 minutes a week

**Muscle-strengthening activity**
Do activities that make your muscles work harder than usual.

- at least 2 days a week

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