You can be active after having a baby! We have created a walking program to help you walk 10,000 steps. We will start very slowly, and in a few months you will reach this goal. Walking helps you:

- Lose the baby weight
- Increase energy levels
- Feel happier and more confident
- Have a lower risk of anxiety and postpartum depression

It is safe to be active after giving birth. You can do housework and go up and down stairs safely. The best way to start being active is by walking. Follow your doctor’s instructions if they asked you not to be active. Give your body the time it needs to recover from giving birth. Here are more tips:

### TIPS OF THE WEEK

- Walking helps you lose the baby weight.
- Walking helps lower the risk of diabetes.
- Walk 15 minutes each day. That equals 1,500 steps each day!

#### IF YOU HAD GESTATIONAL DIABETES

- Gestational diabetes sometimes goes away after giving birth. Women of an unhealthy weight are at a higher risk of having diabetes later in life. They also have a higher risk of gestational diabetes in future pregnancies.
- Walking is one of the best things you can do to lower diabetes risk. Do not forget to wear your pedometer!
- Your doctor will do glucose testing 6-12 weeks after giving birth.
- Drink water instead of sugary drinks.

#### IF YOU HAD AN EPISIOTOMY OR VAGINAL TEAR

- It will heal about 4-6 weeks after giving birth. Get a check-up from your doctor before having sex, and using tampons or douches.
- Walking helps move blood to the vaginal area. This will help it heal. Do not forget to wear your pedometer when you walk!
### RESOURCES:

**EXERCISE AFTER PREGNANCY: HOW TO GET STARTED**
- mayoclinic.org/healthy-living/labor-and-delivery/in-depth/exercise-after-pregnancy/art-20044596

**OFFICE OF WOMEN’S HEALTH – RECOVERING FROM BIRTH**
- womenshealth.gov/pregnancy/childbirth-beyond/recovering-from-birth.html

**PHYSICAL ACTIVITY RECOMMENDATIONS FOR PREGNANT OR POSTPARTUM WOMEN**
- cdc.gov/physicalactivity/everyone/guidelines/pregnancy.html

**CHOOSE HEALTH LA**
- choosehealthla.com

### APPS:

**PEDOMETER STEP COUNTER**

**MY FITNESS PAL**
- myfitnesspal.com

**BLOGS:**

**120+ WEIGHT LOSS**
- runsforcookies.com/p/about-me.html

**AMBER’S 120 POUND WEIGHT LOSS JOURNEY**

**VIDEO**

**NORMAL VS. ABNORMAL FEELINGS AFTER GIVING BIRTH**
- youtube.com/watch?v=KK9zYTO--C8

**MARCH OF DIMES – PHYSICAL CHANGES IN THE POSTPARTUM PERIOD**
- marchofdimes.org/pregnancy/your-body-after-baby-the-first-6-weeks.aspx

### REFERENCES: