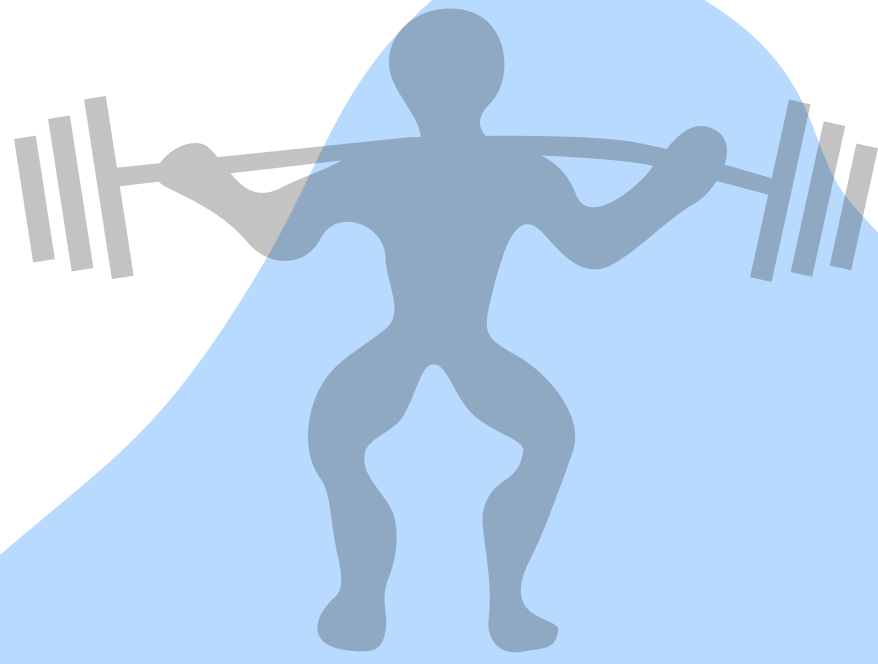




POSTPARTUM RETURN TO EXERCISE CHECKLIST

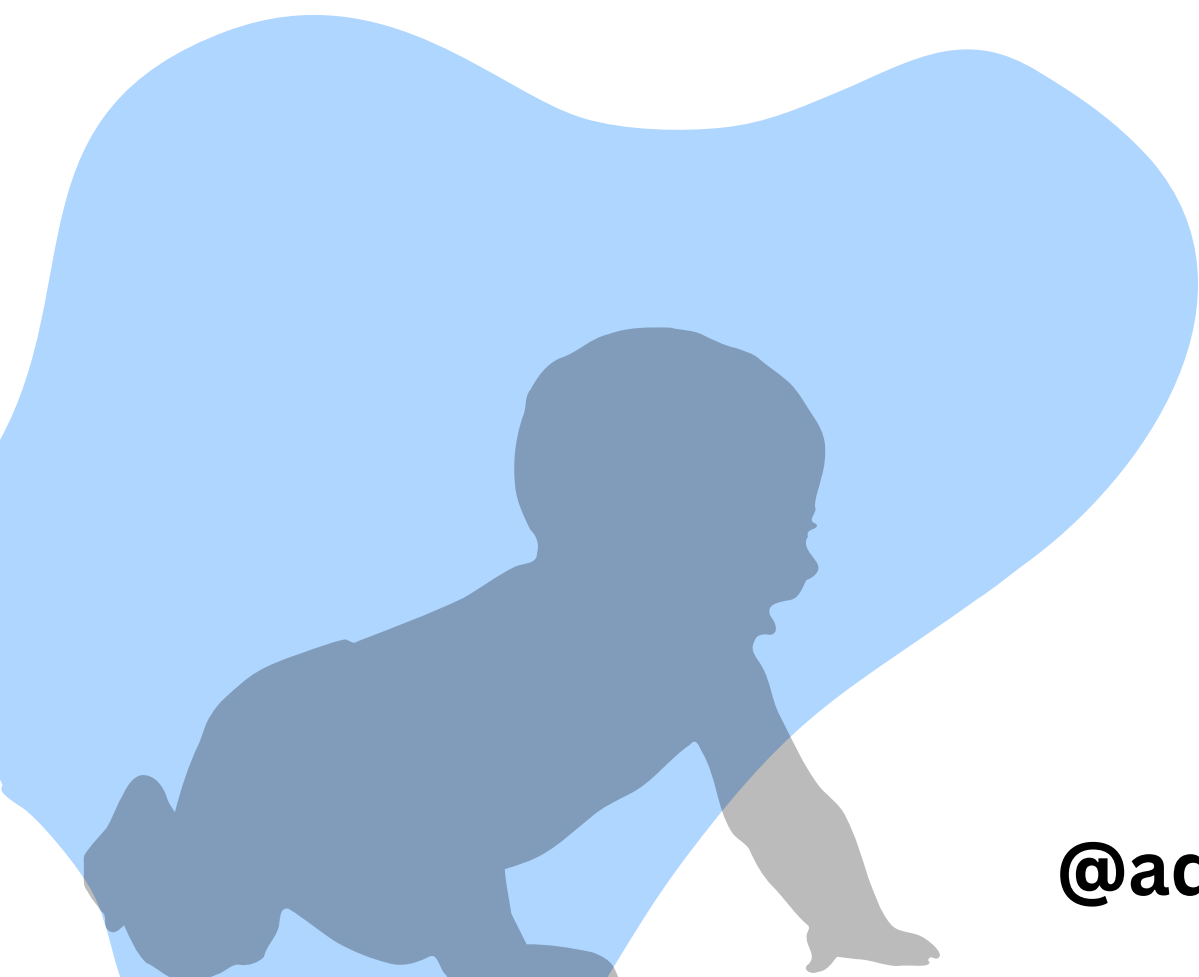
- Medical Clearance (@ 3 mo)
- Pelvic Floor Assessment
- You have a PLAN that starts slow and builds
- Establish good awareness of your pelvic floor and breath
- Your mind AND body feel ready
- You prioritize rest and nutrition
- If you plan to run, you completed a return to run assessment
- You understand it's about moving FORWARD, not getting your body BACK

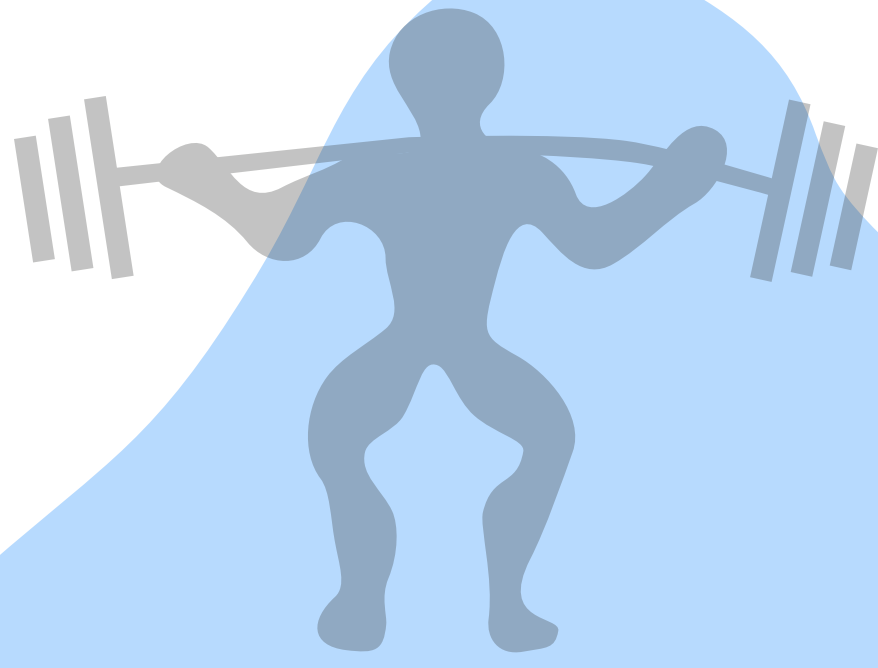


Medical Clearance (@ 3 mo)

If you've had an uncomplicated birth, the *3 month* mark is generally a safe time to start to start to ramp up your exercises.

However, you want to ensure that your medical doctor (OBGYN, midwife) agrees that you are indeed healthy to return to exercise





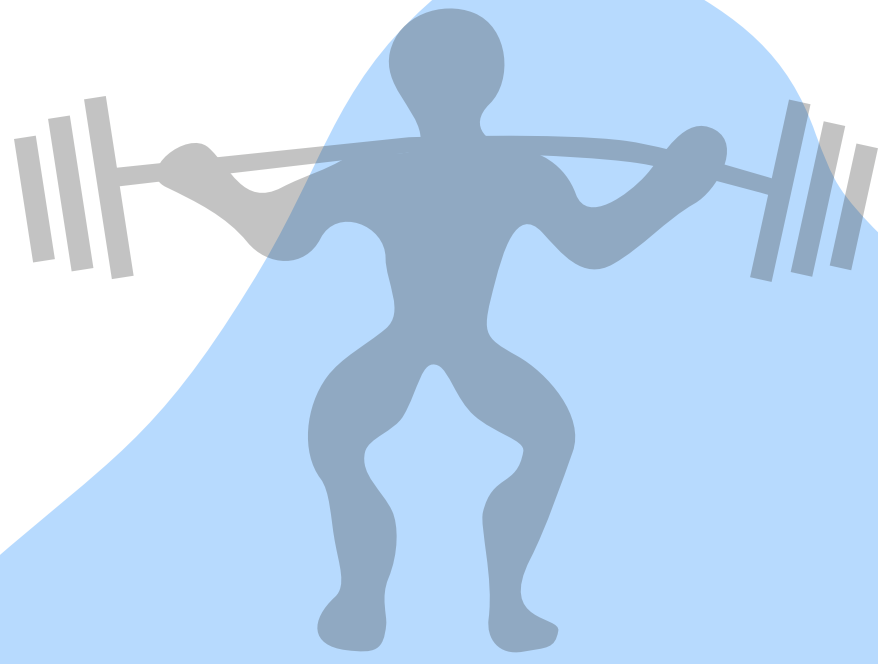
Pelvic Floor Assessment

Did you know? Seeing a pelvic floor specialist is the standard of care in *many* other countries outside the US.

Your body has transformed and sustained a injury to your abdominals and pelvic floor over the last 9 months!

Assessing the integrity of your new body with this new injury is **ESSENTIAL** to understanding what your body needs to rehab optimally at this time.

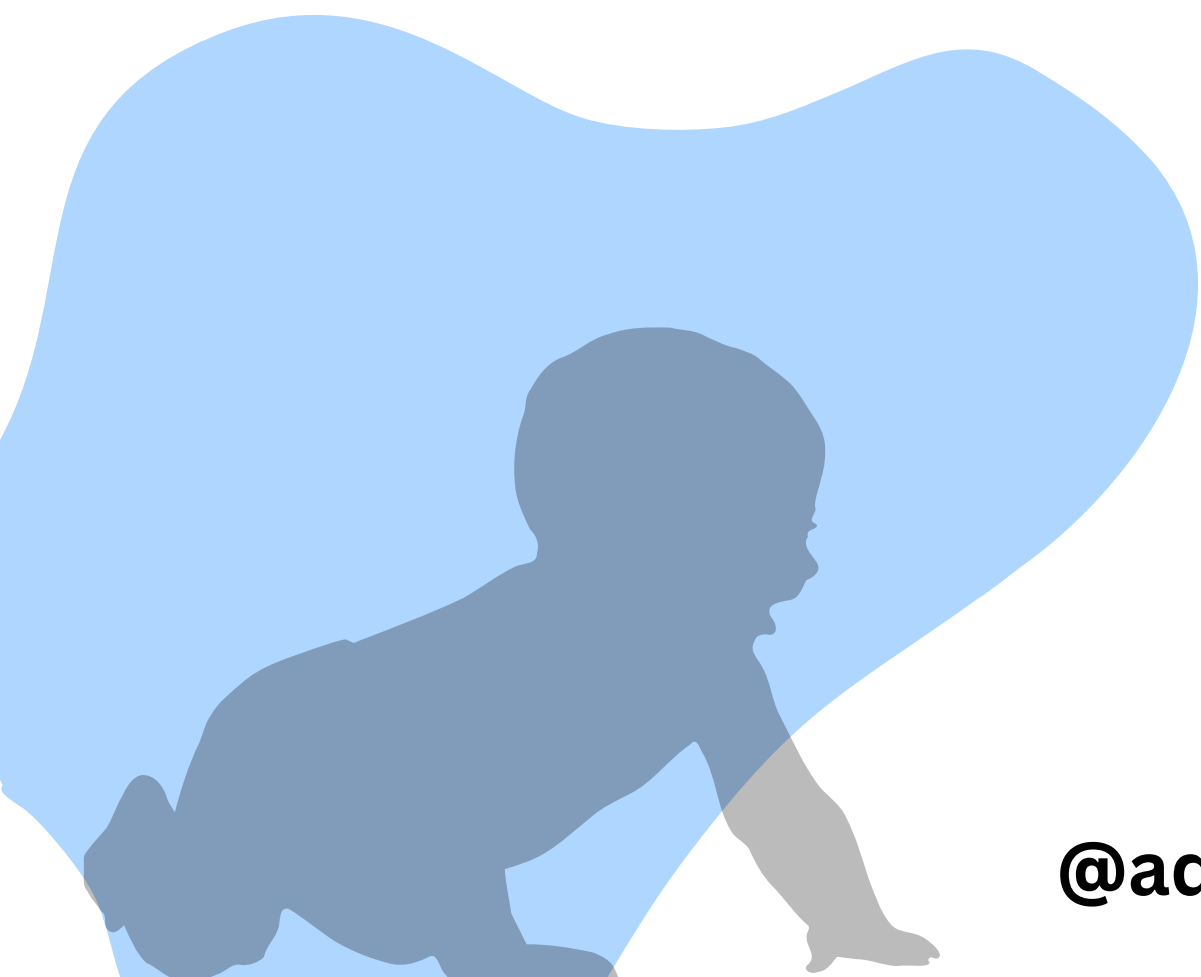


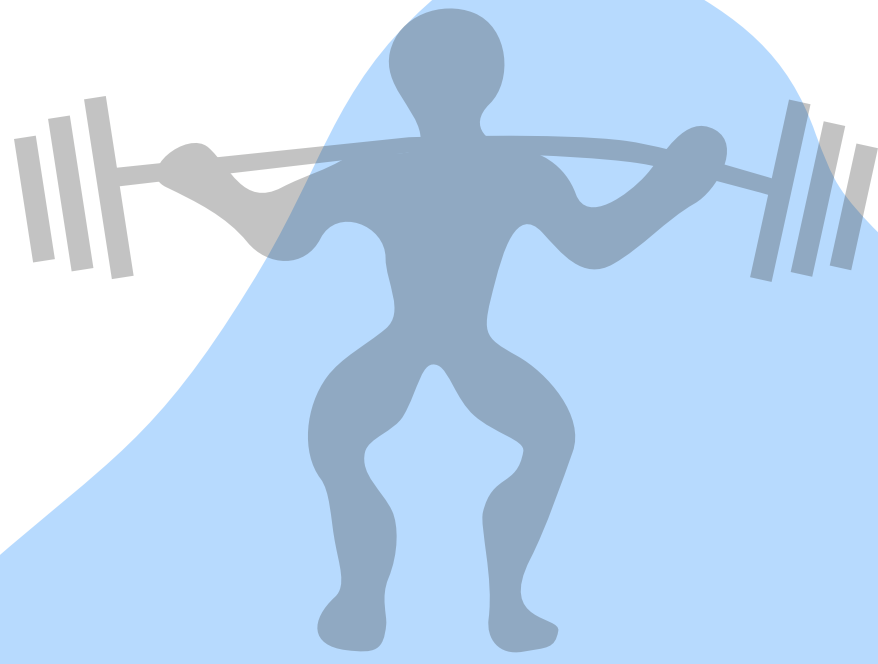


You have a **PLAN** that starts slow and builds

Don't pick up where you left off even if you were active during your pregnancy.

Your body needs to start where it's at. If walking or doing daily chores is already a struggle, or if a brisk walk causes some pain or leakage, your exercise regimen needs to match what your body is capable of.



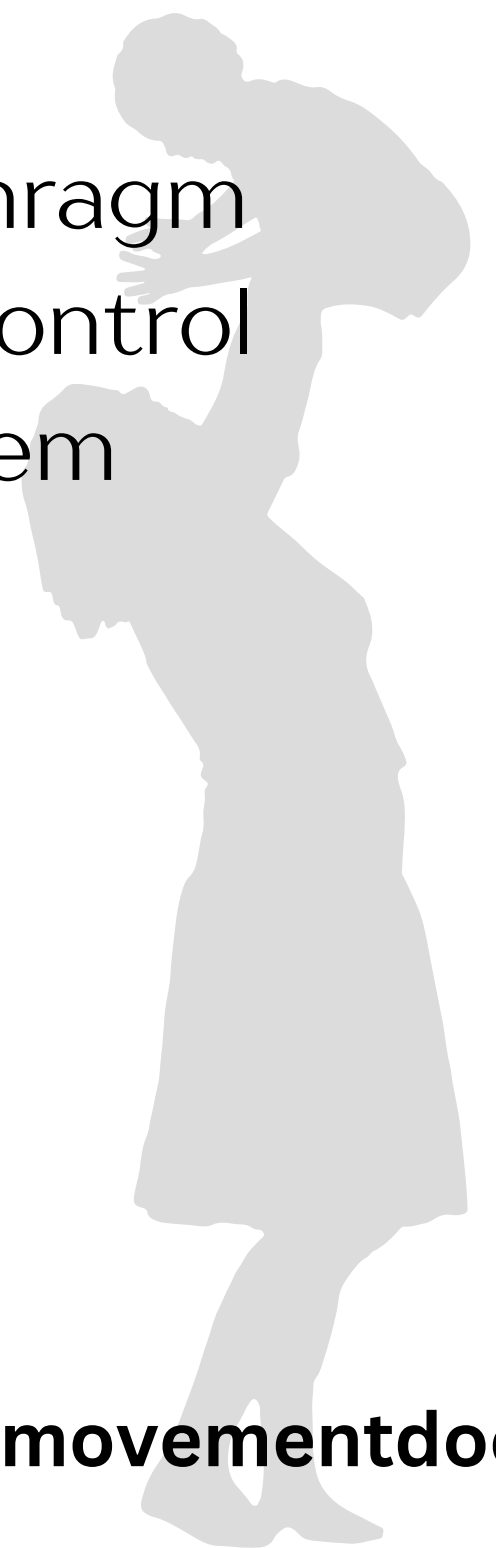
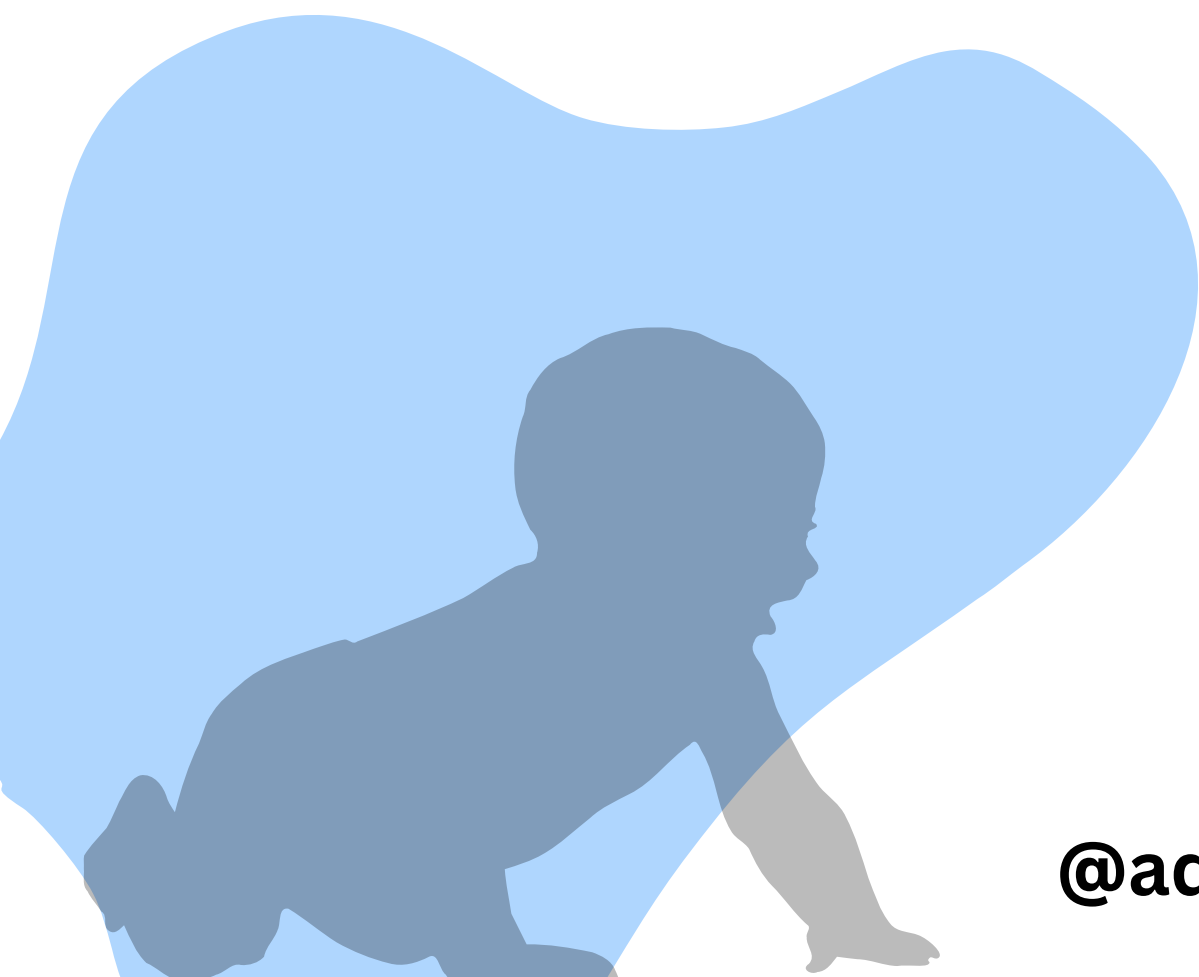


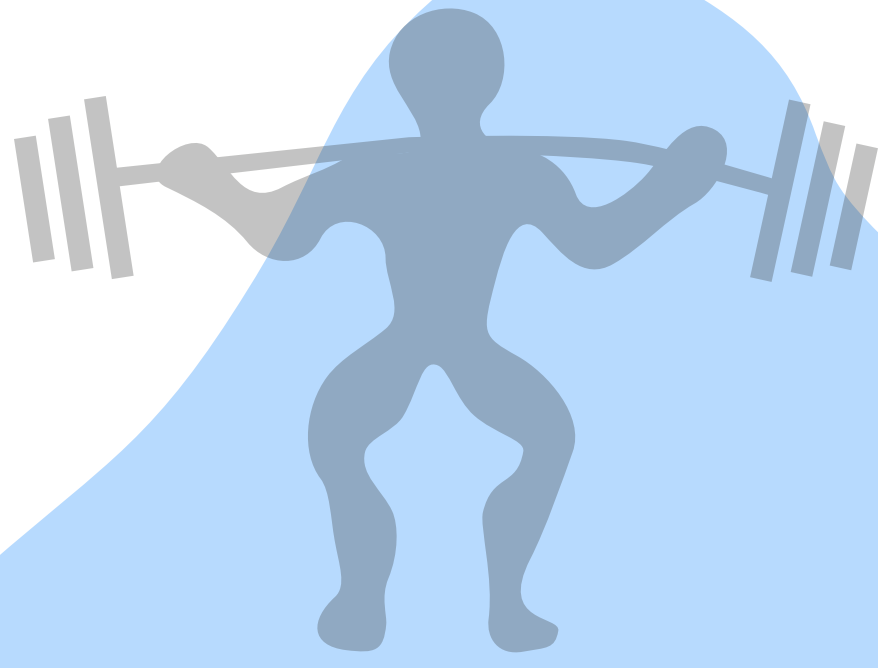
Establish good awareness of your pelvic floor and breath

Learning how to contract AND relax your pelvic floor muscles is key to regaining core stability for any exercise you partake.

Feel your belly rise as you relax the pelvic floor and feel it contract as you exhale

Good awareness of your diaphragm and pelvic floor keeps you in control of your core/ pressure system

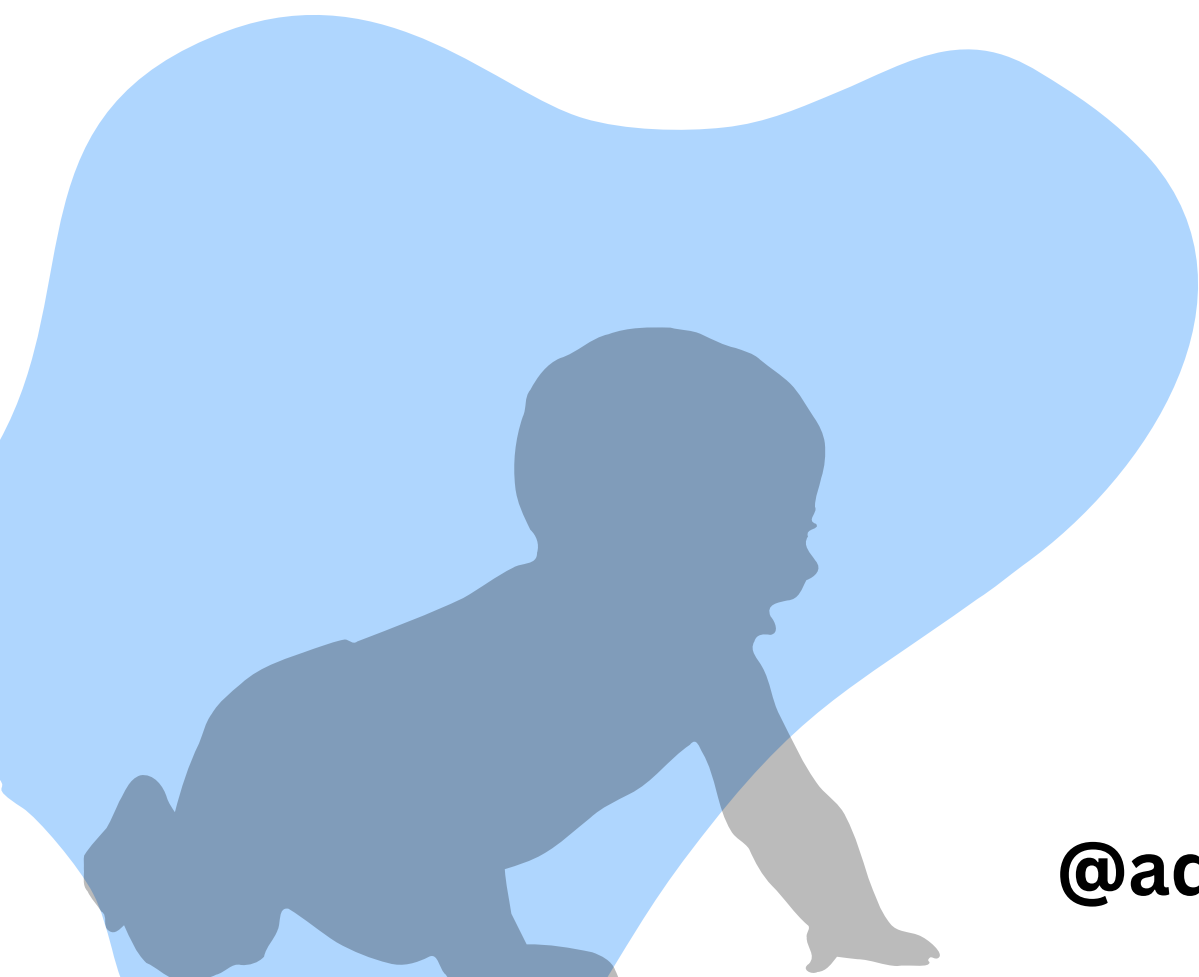




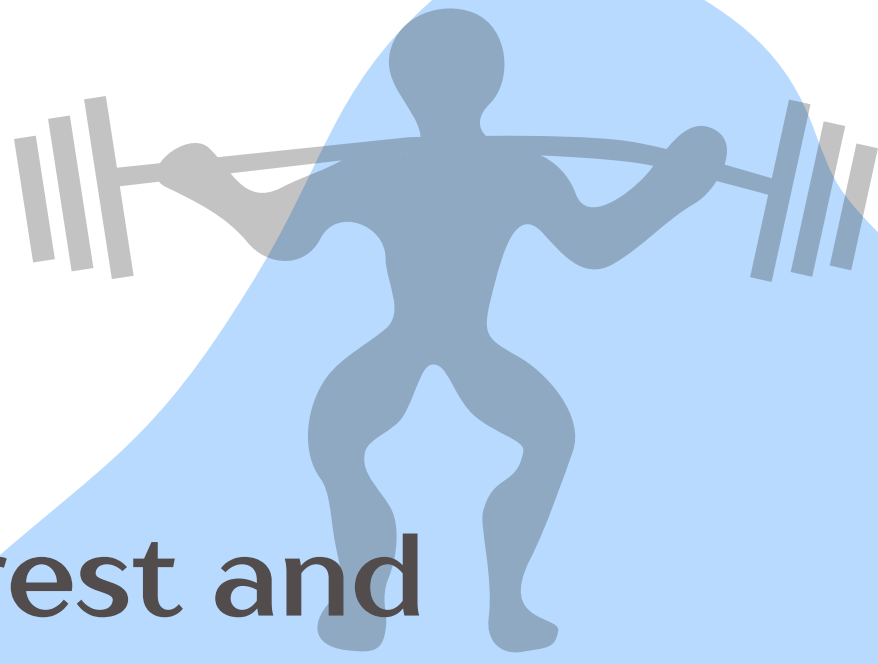
Your mind AND body feel ready

You may be itching to start moving to break a sweat (doing something fun!) and just get out of the house to start exercising...but just because you're past the 3 month mark doesn't mean your body is ready!

Is something not feeling right in your hips, low back, or your lady parts? Get checked out by a pelvic floor therapist.



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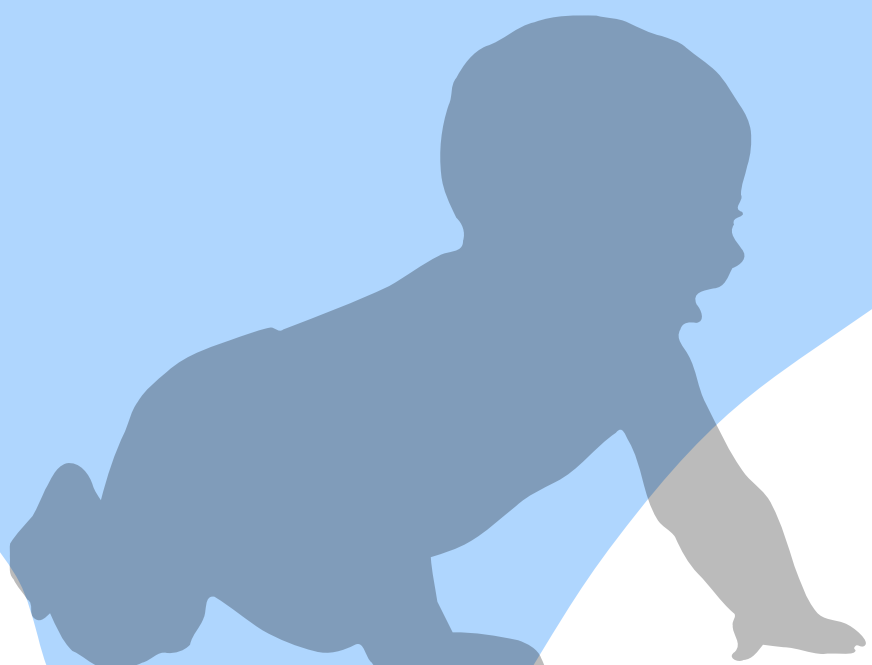
You prioritize rest and nutrition

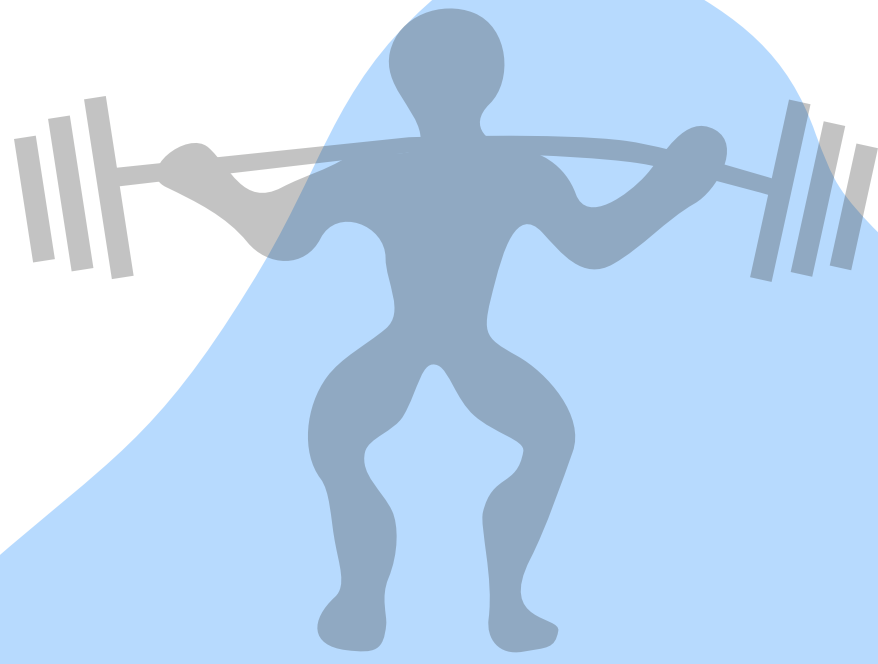
Let's face it, you're not sleeping as well and your baby is demanding your attention and love constantly.

Recruit your village – partner, family, friends, babysitter, whomever you trust to take your break to nourish your body and rest when you can.

When you return to exercise, your body WILL need more nutrients and rest to recover. Remember, energy demands are different especially if you're breastfeeding.

Reduce your risk of injury by prioritizing rest and nutrition when returning to exercise.

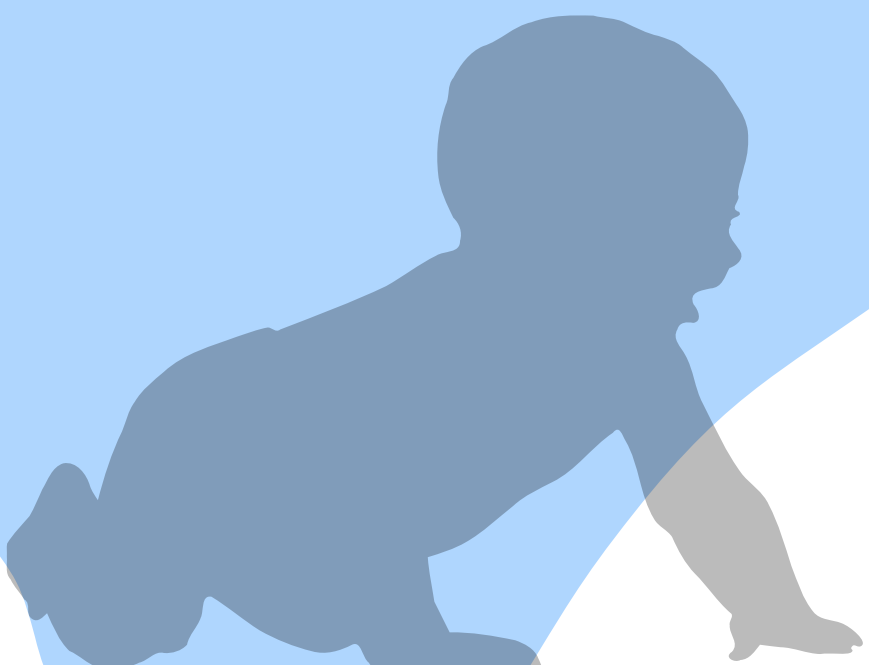




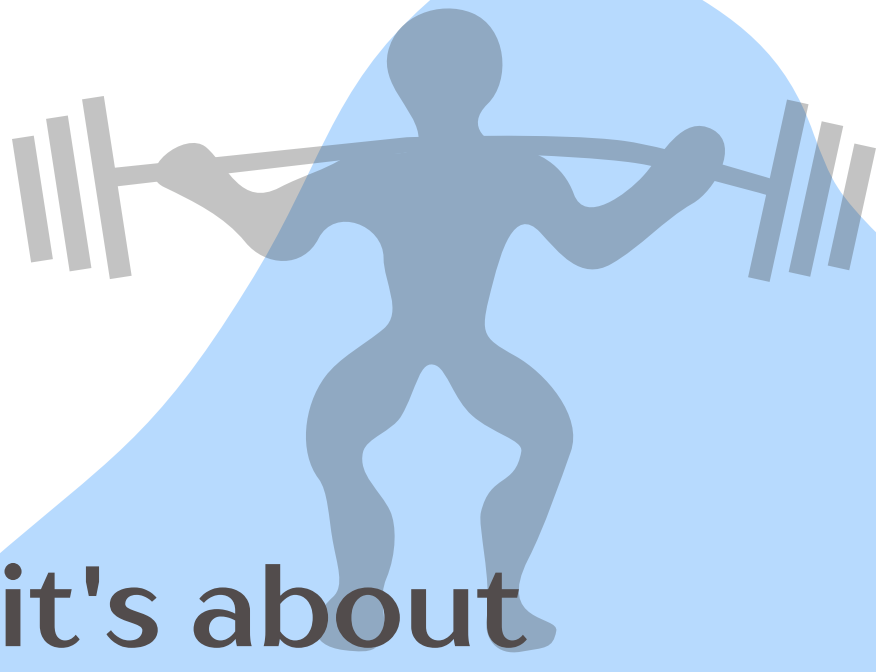

If you plan to run, you completed a return to run assessment

Physical therapists that have a comprehensive return to run program is a good place to start.

I provide an in person, virtual, and self assessment that will guide you with what your body's strength and mobility is at during this time to ensure you know where your strengths and weaknesses lie so your training can match the demands of running



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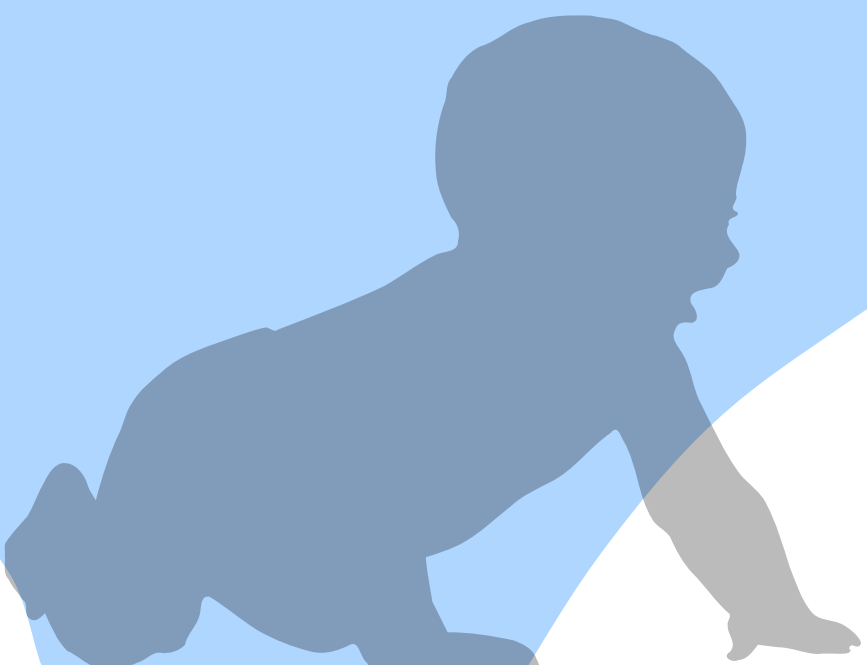



You understand it's about moving **FORWARD**, not getting your body **BACK**

I challenge you to reflect your true WHY behind getting back to exercise.

Does it bring you joy? Is this what defines you? Is it a stress reliever? A way to reconnect with friends? Or are you trying to use exercise as a way to lose the baby weight to fit into your old jeans again?

Remember you have the rest of your life to exercise...your baby will only need you like this for so long. Have the reason why you're getting back to exercise to be a healthy one!



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