

# strength in motherhood

## BRAND NEW MAMA: RECOVERY MOVEMENTS TO NURTURE YOUR BODY POST-BIRTH

Give yourself a lot of grace, rest, and proper time to heal after childbirth before even thinking about working out again. Nurture and listen to your body. When your doctor says it's okay for you to start easing back into adding strengthening movements into your new postpartum body and lifestyle, start slow. Your body is a temple, and is delicate and still healing from pregnancy and childbirth right now. When you're ready to start increasing your strength and slowly ease into healing exercises post-birth, these simple recovery movements will help you do just that.

### 1. Breathing Into Your Pelvic Floor.

Watch this [video](#).

*Video Courtesy of Kimberly Ann Johnson, Author of The Fourth Trimester.*

\*We recommend seeing a urologist or pelvic floor specialist immediately after childbirth if you have any issues with incontinence, and a pelvic floor therapist to help you maintain a healthy pelvic floor after childbirth if you need more specialized, individual assistance.

### 2. Dynamic Wall Bridge

Watch this [video](#).

*Video Courtesy of Kimberly Ann Johnson, Author of The Fourth Trimester.*

### 3. Get outside into fresh air and nature.

When weather permits, get outside and take a gentle, calm and easy walk in air that isn't recirculated from a heater or AC unit. Change up your scenery—take a walk around your neighborhood, a meadow, a local trail, or in your local woods, a local recreation center track, or a local beach or path. Fresh air is best, but a gentle walk is what we're after, regardless of where. Encourage a friend to join you so you can vent about how all-nighters have changed since college. Exercise is better with company and mom life is better surrounded by friends; moms need community and moms need other mamas. Walking has been proven effective in reducing postpartum anxiety and depression, and when it's done outside, the mental benefits from nature stimulation, relaxation, vitamin D, and fresh air vibes are increased.

