

MOVEMENT & MENTAL HEALTH

Although exercise during pregnancy and postpartum can be challenging for many reasons, it remains an important element of treatment. People who engage in regular movement tend to experience positive effects on both mental and physical health.

How can exercise/movement help me?

- Reduced severity of depression and anxiety
- Improved self confidence
- Improved sleep
- Increased endorphins, that allow body to relax and calm
- Improved stress management
- Improved physical health, strength, and weight loss

How can I find the motivation or time?

MOTIVATION

- Set small goals and increase slowly
- Keep track of your efforts
- Do something you enjoy that is easily accessible
- Engage in active play with your child, smiles and laughter may be reinforcing!
- Find a partner to exercise with you

TIME MANAGEMENT

- Park at the back of the parking lot and walk
- Take the stairs when you can
- Walk for brief periods of time and break this up throughout the day
- Take your infant for stroller walks or wear your baby
- Phone call? Walk and talk