



WORK RIGHT REVIEW

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WHAT TO EXPECT AFTER EXPECTING

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Postpartum, also known as the fourth trimester, can be a difficult time for most women for many various reasons. Some women Industrial Athletes may need to jump back to work as soon as possible after having a baby. But, word to the wise, **do not expect it to be an easy and fast recovery.**

RECOVERY AND RETURN TO ACTIVITY

Generally, the postpartum period lasts 6-8 weeks. This time frame is how long a woman's body returns to "normal" physiologically, granted there were no major complications in pregnancy and delivery. At 6 weeks, the woman is examined by their OBGYN and given the green light to return to physical activity. Yes, the doctor may say you're "back to normal," but there are still some lingering side effects from pregnancy and delivery. In fact, some scientists argue the postpartum time frame should be extended to 1 year due to some physiological aspects taking this long to return to their pre-pregnancy state.



POSTPARTUM EXERCISE

The sooner you begin exercising in the postpartum period, the better, especially to be **PREPARED** to return to work. Set aside some time for yourself to reap the benefits, including:

- increased energy levels
- more positive moods
- lower propensity for anxiety/depression
- reduced risk of heart disease and obesity



How to exercise in the postpartum period?

- **Start Small** - begin with only 5-10 minutes of exercise and monitor how you feel. If it's going well, do it several times within a day.
- **Go for a Stroll** - put baby in the stroller and go for a walk around the neighborhood. You may find you won't get very far due to cramping and aches and pains, but starting with a leisurely walk is all you need.
- **Buddy Workout** - get baby involved with your workout and use them as your resistance.

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