



## Four Easy Postpartum Exercises

From Elisabeth Bing and Libby Colman, Lamaze.com, July 2002

These exercises are designed for postpartum women, to improve muscle tone and strengthen the back and abdominal muscles. For best results, do them every day for 10-15 minutes, on in two 5-7 minute sessions.

### **Supple Spine**

Begin on all fours. Inhale. Lift your head, keeping your back straight or arching slightly (avoid strain). Then exhale, round your back, tighten abdominals, tuck in tail and head. Repeat the sequence eight times. This exercise strengthens the back and abdominals.



### **Tighter Abdominals**

Lie on your back in a straight line. Then exhale, lowering the back, vertebra by vertebra. Repeat sequence five times. This exercise helps develop a strong back and abdominals.



### **Stronger Back**

Sit upright, knees bent, feet flat on the floor, back straight, arms forward at shoulder level. Inhale, then exhale and lean back halfway. Inhale again and sit up slowly. Repeat five times. This exercise strengthens the back and abdominals.



### **Flexible Body**

Stand upright with arms raised, elbows slightly relaxed. Inhale, then exhale and bend forward, keeping back straight and swinging arms down and back. Then relax your head and stretch your arms up behind you. Inhale as you swing arms and body up again, returning to your original position. Repeat eight times. Go carefully and do not strain. This exercise is good for thighs, hips, back, arms, shoulders and neck.

