

Every Move Counts



Scan Me

Being active regularly during pregnancy and the postpartum period has significant health benefits for your heart, body and mind, whether you're walking, cycling, dancing, doing sport or playing with your kids.

Pregnant Women



At least
2 hrs 30 min
per week



**Throughout
the week**

Muscle strengthening,
stretching and balance
activities



**Incorporate
pelvic floor
muscle
exercises**

Limit sedentary time

Post Partum Women



At least
2 hrs 30 min
per week



**Throughout
the week**

Muscle strengthening
activities

Gradual progression
starting with light activity



**Incorporate
pelvic floor
muscle
exercises**

Limit sedentary time

