

be active

to feel strong, have more energy and manage stress!

Even light exercise, like walking, can relieve stress, help you sleep better and recover after childbirth.

Find fun ways to move more!

- Take a walk with your family or a friend.
- Try a free exercise or yoga video while your baby naps.
- Play outside or turn on the music and dance with older children.

Aim to be active for about 30 minutes, 5 or more days a week.



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