



FIT TIP 20

Exercise after pregnancy!

Your body continues to change from pregnancy and up to one year postpartum. That can affect your balance and form. If an activity does not feel right, try something else! Remember, many things count for physical activity. Find a way that works for you.

Warm up:

Start with these moves to get your body ready.

- Standing Arm Circles - 30 seconds
- March in Place - 1 minute
- Air Squats - 30 seconds
- March in Place - 1 minute

Workout:

Complete the following moves, resting as needed. Repeat the circuit as many times as you are able, with correct form.

- Heel lift (hold for 30 seconds)
- Standing high knee (hold each leg for 30 seconds)
- Side leg lift (hold each leg for 30 seconds)
- Standing T (hold each leg behind you for 30 sec)
- Heel lift (hold for 30 seconds)
- Standing high knee (hold each leg for 30 seconds)
- Side leg lift (hold each leg for 30 seconds)
- Standing T (hold each leg behind you for 30 sec)

Need help with the workout movements or want more workouts for home? Visit www.planeatmove.com for more information.



Author: Katherine Jury, Senior Extension Specialist for Family Healthy, University of Kentucky Cooperative Extension Service.

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Cooperative Extension Service | Agriculture and Natural Resources | Family and Consumer Sciences | 4-H Youth Development | Community and Economic Development