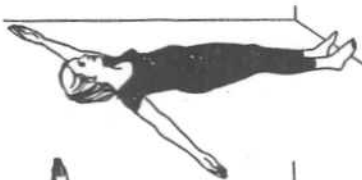


### FIRST WEEK

GETTING OUT OF BED AND WALKING AROUND IS THE FIRST \*EXERCISE YOU WILL DO AFTER CHILDBIRTH. DO THIS AS SOON AS YOU FEEL UP TO IT. WITH THE APPROVAL OF YOUR DOCTOR EXERCISES MAY BE STARTED 24 HOURS AFTER A NORMAL DELIVERY. REGULAR MILD EXERCISING WILL STRENGTHEN YOUR MUSCLES AND HELP YOU GET BACK INTO SHAPE. LYING ON YOUR ABDOMEN WILL HELP YOUR UTERUS RETURN TO ITS NORMAL POSITION. YOUR DOCTOR MAY GIVE YOU SOME EXERCISES, OR YOU MAY WANT TO TRY SOME OF THESE.



LIE FLAT. BREATHE DEEPLY FROM YOUR ABDOMEN. EXHALE ALL THE AIR. REST. REPEAT 5 TIMES.



LIE FLAT WITH YOUR ARMS OUT AT YOUR SIDES. WITH YOUR ELBOWS STIFF, RAISE YOUR ARMS UNTIL THEY ARE STRAIGHT OVER YOUR HEAD. BRING YOUR ARMS TOGETHER. LOWER YOUR ARMS. REST. REPEAT 5 TIMES.

### SECOND WEEK



LIE FLAT WITH YOUR LEGS STRAIGHT. RAISE YOUR HEAD AND ONE KNEE SLIGHTLY. REACH TOWARD THAT KNEE WITH THE OPPOSITE HAND. RELAX, THEN REPEAT WITH THE OTHER HAND AND KNEE. REPEAT THE SEQUENCE 5 TIMES.

THE FOLLOWING EXERCISES ARE DESIGNED TO STRENGTHEN YOUR ABDOMINAL MUSCLES. YOU SHOULD BEGIN BY REPEATING SUCH EXERCISE ABOUT 3 TIMES AND GRADUALLY INCREASING THE NUMBER AS YOU FEEL MORE COMFORTABLE.



LIE FLAT WITH YOUR ARMS AT YOUR SIDES. SLIDE YOUR FEET TOWARD YOUR BUTTOCKS. ARCH YOUR BACK WHILE SUPPORTING YOURSELF WITH ARMS, SHOULDERS AND FEET. RELAX.



LIE ON YOUR BACK. RAISE ONE KNEE AND PULL YOUR THIGH DOWN ONTO YOUR ABDOMEN. LOWER YOUR FOOT TO YOUR BUTTOCK. THEN RAISE THE LEG AND STRAIGHTEN IT. LOWER SLOWLY TO THE FLOOR. REST AND REPEAT WITH THE OTHER LEG.

### THIRD WEEK



LIE FLAT WITH YOUR KNEES RAISED. THEN LIFT YOUR HEAD WHILE RAISING THE PELVIS AND TIGHTENING BUTTOCKS MUSCLES. RELAX.



RESTING ON ALL FOURS, ARCH YOUR BACK WHILE CONTRACTING THE MUSCLES IN YOUR BUTTOCKS AND ABDOMEN. RELAX, THEN BREATHE DEEPLY.