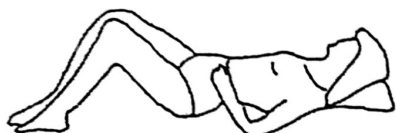


## POST NATAL EXERCISES

- 1) To freshen stagnant tissues and tone up the tummy.

Head on pillow. Knees bent. Feet flat.

Put hands half-way down your tummy.  
Breathe in — feel your tummy go up.  
Breathe out completely. Pull your tummy wall towards your back to squeeze out as much air as you can.



- 3) Head on pillow. Legs straight.

Press back of knees and thighs downwards onto floor or bed.



- 2) To tone up legs and circulation.

Head on pillow. Legs straight.

- a) Bend and stretch ankles.



- b) Point feet upward.  
Keep ankles still.  
Bend and stretch toes.



- c) Circle feet outwards.



- d) Circle feet inwards.



- 4) For the pelvic floor muscles through which a baby is born.  
Head on pillow. Knees bent and slightly apart. Feet flat.

Imagine a string attached half-way between your vagina and back passage, running up through your body towards your chin.

Now tighten your muscles to pull up the string inside you. Pull up slowly ... to the limit. Relax (feel the pressure inside, not round the hips or tummy).

Get into the habit of doing this 'uplifting' movement often — lying on your side, in bed, sitting and standing as well. It will make all the difference when you are back in the old routine!



- 5) For the waistline.

Head on pillow. One leg bent. The other leg straight.

Keep the bent leg still. Make the straight leg shorter by drawing it up from the hip and waist. Then make it longer by stretching down. Then repeat with other leg bent.

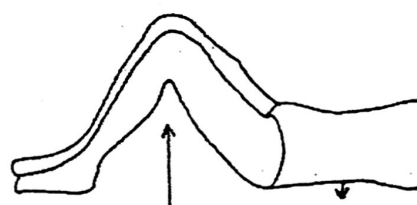


Longer — Shorter

- 6) For the front of the tummy.

Head on pillow. Knees bent. Feet flat.

Tighten tummy muscles and pull in. Press waist downwards, hard, to round the spine, keeping waist in contact with bed or floor, lift hips off it slightly by contacting your buttocks.



Lift

Press down

7) For waist and hips.

Head on pillow. Knees bent.  
Arms stretched out sideways.

Keep feet and shoulders still. Knees together. Twisting from waist, swing both knees to touch bed or floor on left, while hip turns towards ceiling.



8) Lie on your back. Knees bent.

Lift head and shoulders slightly. Bend to one side, reaching down with your arm. Then bend down to reach other side.



9) For the midriff.

Knees bent. Hands on upper chest.

Lift head and shoulders off the floor, keeping waist and back ribs firmly on the floor. Look towards your knees, lower and relax.



10) Lie on your back. Knees bent.

Lift head and shoulders slightly. With the right hand touch the floor on your left side. (Twist from waist). Then with your left hand, touch floor on right side.



11) For your back.

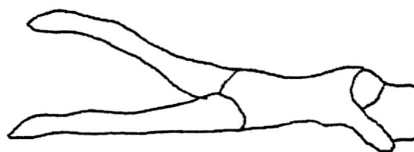
Face down on floor, arms behind back.

Lift head and shoulders off floor. Then lower and relax (if chest is uncomfortable put one or two pillows under tummy).



12) Face down on floor, forehead on arms.

Lift one leg behind you from the hip. Keep it straight. Lift as high as you can without bending knee or turning body. Lower again. Then lift other leg. Lower it again.



**AFTER YOUR EXERCISES EVERY DAY**

Relax for at least 3 minutes. Better 5 minutes, then on your feet again.

Lean against a wall, heels 6" from it. Press waist backwards to flatten your back. Feel your whole spine touch the wall then relax.

This helps to get your balance back, now there is no extra weight inside your tummy.



**FOR YOUR BOSOM**

Breast feeding contracts body tissues, so improves your figure. Wear a good supporting bra, so the extra weight does not drag. Whether you breast or bottle feed, this exercise help firm you up. (Note how it pulls your chest muscles).

Stand upright, grasping wrists with opposite hands. Lift elbows to shoulder level. Grip hard and push arms together.

