The impact of exercise in the postpartum period

Stephanie A. Paplinskie Ms.
Western University, spaplins@uwo.ca

Follow this and additional works at: https://ir.lib.uwo.ca/inspiringminds

Citation of this paper:
https://ir.lib.uwo.ca/inspiringminds/19
Myth or Fact

Postpartum Exercise
Myth or Fact

Childbearing is a contributing factor to obesity in women

Myth

Fact

Find out
20% of women will retain 5kg or more weight gained during their pregnancies.

(Nascimento et al., 2014)
Exercise is the best way to lose weight postpartum

Myth  Fact

Find out
Diet and exercise, combined, are the best way to lose weight in the postpartum period

(Lim et al., 2015)
Myth or Fact

Active women are less likely to have incontinence after giving birth

Myth | Fact
High-intensity activities increase incontinence symptoms and severity in postpartum women

(Nygaard & Shaw, 2016)
Physical activity can help reduce severity of postpartum depression
Fact

Aerobic exercise is effective in reducing mild-to-moderate postpartum depression symptoms

(McCurdy et al., 2017)