



# Postpartum Exercises

*that can be done right away!*

## 360 Breathing

### How

- Sit in a tall upright position.
- Inhale through your nose, sending air down into your rib cage, expanding your abdomen 360 degrees (front, sides & back!)
- Focus on expansion to the sides & back while keeping your shoulders relaxed.
- Exhale through pursed lips until no air is left feeling your core "girdle" tighten while staying tall and lifted.

### Why

- Engages your deep core muscles (*it's a core workout every time you breath!*)
- deep breathing encourages your body to relax (*help your body move into a 'rest & digest' state*)
- release tension in your shoulders that often accumulates with holding & feeding your little one.

## Pelvic Floor Activation

### How

- Sit in a tall upright position
- Locate your pelvic floor muscles by feeling/thinking of:
  1. how you stop urine flow (*front*)
  2. how you stop gas (*back*)
  3. where your 2 bony sit bones are (*sides*)These are the 4 outer points of your pelvic floor muscles
- Gently lift muscles up and in, bringing all 4 locations towards the center. (*w/o squeezing your butt*)
- Relax and release all 4 'corners', allowing the muscles to 'expand'

### Why

- Engages over a dozen pelvic floor muscles (*that's a lot of muscles helping support you!*)
- Helps you both activate and relax the muscles - we need to do both! (*working our full range of motion*)
- Can help reduce prolapse, incontinence, leakage and retrains the neuromuscular connection you have with these important muscles that worked hard during pregnancy & labor

Muir Wellness provides information related to exercise, wellness and nutrition and is intended for your personal use and informational purposes only. You should consult with a medical professional before beginning any exercise, nutrition or wellness program. Nothing in this site should be considered medical advice or diagnosis. Use of information on this website is solely at your own risk.

Strength Training can help support you during this time of recovery and transition.  
*Schedule a free Intro Call at [MuirWellness.com](https://MuirWellness.com) to learn more.*