

## Post-Partum

Written by Administrator  
Tuesday, 22 July 2008 16:00

---

### Do's and Don'ts

In the post-partum phase, you can begin to get back to your normal workouts. The main thing to pay attention to is listening to your body. Don't do anything that doesn't feel good. Amp it up slowly while your body adjusts to not being pregnant. You will be tired initially, caring for a newborn. Give yourself a little time to get back to it, but by all means, keep moving. You will gain some energy needed to keep up with that baby. Working out will help you get your body back, and help you feel like you are doing something for yourself. It's not just good for your body, it's good for your mental health. Try to maintain or return to your clean eating habits, but be sure to increase your intake. If you are nursing and CrossFitting, you will need even more caloric intake. Extra fat, fruits and vegetables will help, and continue to take your fish oil. If you notice your milk supply decreasing, increase your food intake and monitor supply. Make sure your doctor approves of your post-natal exercise program.