

f. Getting Back Into Shape

MODULE 8

It is only natural to want to return to your pre-pregnancy shape as soon as possible. Give yourself some time. Remember that you were pregnant for nine months. Your body won't return to normal overnight.

Sensible eating and regular exercise will help you to feel fit. For additional information, see Module 5 entitled "Healthy Diet" and Module 6 entitled "Healthy Activity".

Good health matters as much now as it did during your pregnancy. Eat well, rest, stay active, and avoid drugs and smoking. Taking care of yourself is as important as taking care of your baby.

