

POSTNATAL WELLBEING

A 7 DAY CHALLENGE

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THE SEVEN DAYS

DAY 1

BREATHE EASY

An introduction to box breathing to help you reconnect with your breath and calm down your nervous system.

DAY 2

MORNING MOVEMENT

A quick video of dynamic stretching, a great way to wake up the body and get out of your head.

DAY 3

PELVIC FLOOR RESTORE

Pelvic floor engagement with diaphragmatic breathing to help you create control after birth.

DAY 4

TENSION RELIEF

A full body scan to identify areas of tension in the body.

THE SEVEN DAYS

DAY 5

SLEEPY STRETCH

A stretch you can do without even getting out of bed. Time to wake up your body and start the day.

DAY 6

CORE ENGAGEMENT

A quick intro to two post natal safe core exercises you can add to your workouts.

DAY 7

HAPPY HIPS

Gentle hip stretches and exercises to ease the most common postnatal complaint - hip pain!

ABOUT ME

Hello, firstly can I say a huge thank you for joining me on for this 7 day challenge. My name is Emma, I am a personal trainer qualified in pregnancy and postnatal fitness as well as a pregnancy and postnatal wellness practitioner. I've been working in the fitness industry for over seven years. Supporting women throughout pregnancy and into post partum is my jam, I absolutely love it.

As a busy mum and working in the industry I know how essential looking after ourselves postnatally is, but I see a lot of coaches expecting you to find more time.

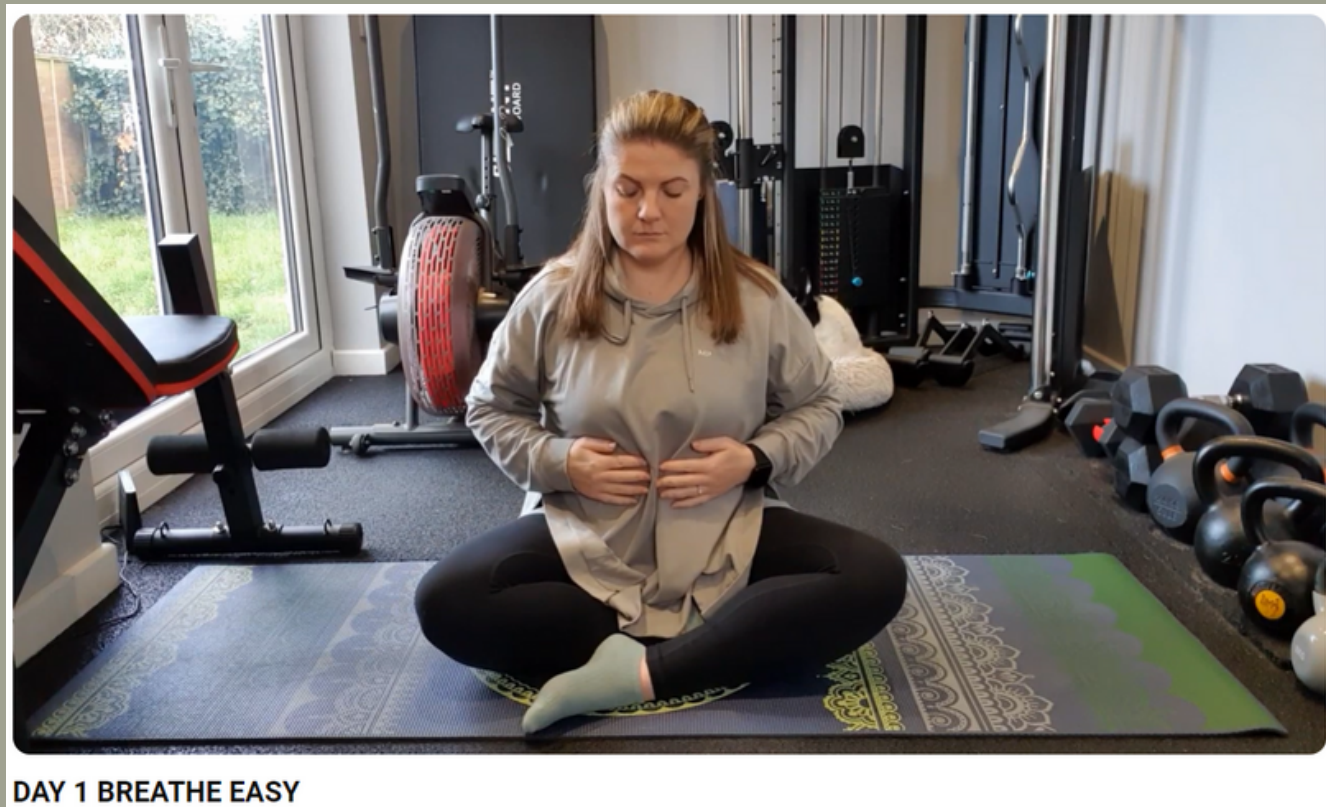
Which is why I have created a week series of bitesized videos designed around the concept of habit stacking. I'm sure you will have heard of this before. The idea being that you take a new habit which you want to create or add into your routines, and you attach it to a well established existing routine – like making a cuppa or brushing your teeth.

Which is why all of the videos I have created for you this week will take no longer than the time it takes your kettle to boil – to complete. Winner!

I really hope you enjoy this and it helps you to finally start making some small windows of time for yourself again.



DAY 1: BREATHE EASY



Today's video is an example of square breathing (or box breathing). We are going to inhale for four seconds, hold for four seconds, exhale for four seconds and hold for four seconds and repeat.

This method of breathing has been linked to numerous health benefits including stress reduction and anxiety management. As a mum, when everything feels overwhelming, box breathing can act as an anchor.

As mothers we are sleep deprived, stressed, hyper vigilant, over stimulated, and constantly multi-tasking and on the go. We need a way to re-calibrate and gain a little bit of space and peace back.

This is where breath work can come in. It's free, it's quick and it's so easy to implement.

Today's video is an example of how you can use breath work to create a few minutes of peace in your day.

to watch the video
click here →



DAY 2: MORNING MOVEMENT

Today I want you to take yourself out of your head and make yourself more present in your body with some morning movement and dynamic stretches.

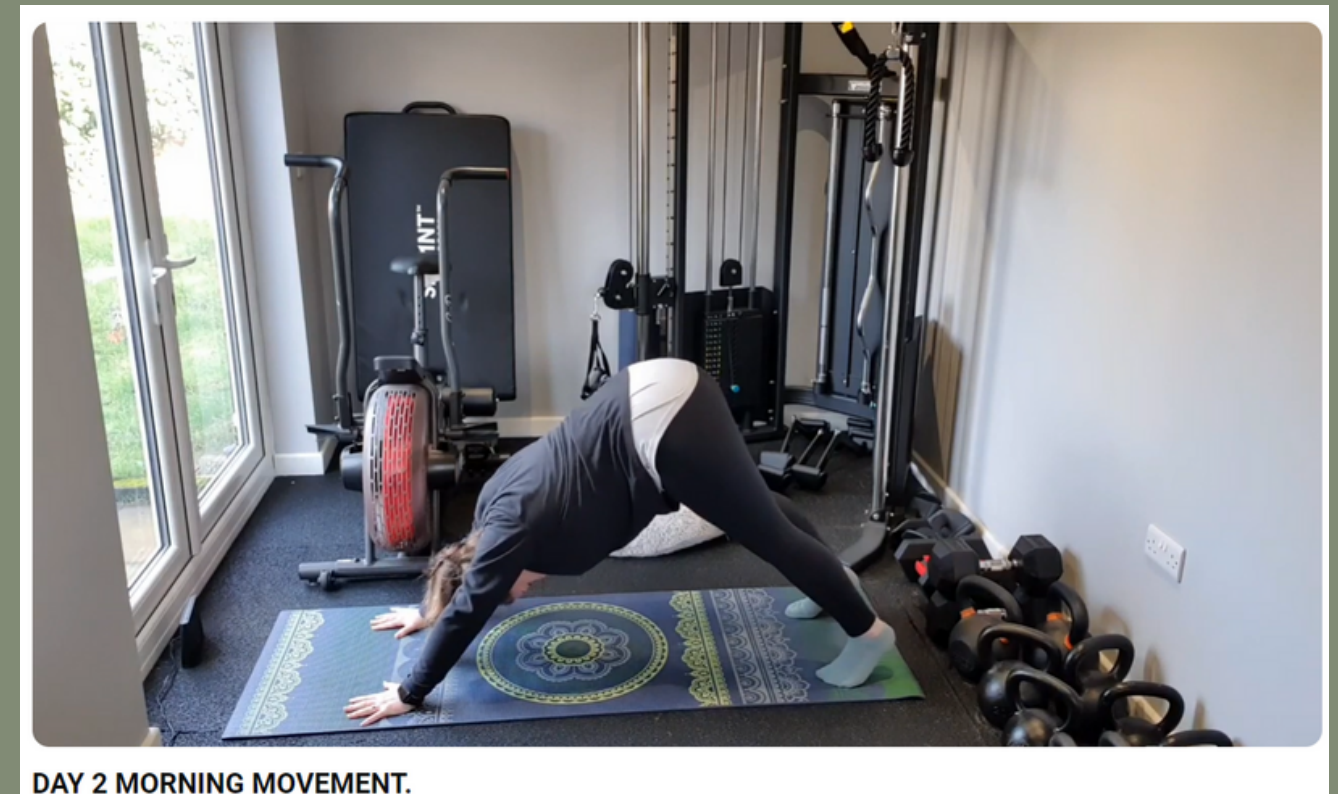
Dynamic stretching warms up the muscles to their working temperature, which thoroughly stretches them out and improves their overall function.

We know that stretching can activate the parasympathetic nervous system, which in turn can help reduce stress. Mindful stretching boosts our mental health by fostering mind-body connection and self-awareness.

Movement increases the amount of oxygen in the body. Having increased levels of oxygen improves the function and efficiency of every cell in the body. This can include your hormone production, digestion, tissue renewal, and muscle contraction.

So let's get out of our heads and into our bodies for 5 minutes!

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DAY 3: PELVIC FLOOR RESTORE

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DAY 3 PELVIC FLOOR RESTORE

The importance of working on our pelvic floor during pregnancy is something we are told often. Post-partum continuing this work is essential. The pelvic floor should be seen as a core foundation along with your breath.

I can guarantee as a new mum prioritising your pelvic floor health has probably not been something you've focused on as much as perhaps you'd like. In order for us to return to our full active lives we need a strong and functional pelvic floor we can rely on. Regardless of how you birthed your baby, the toll pregnancy has taken on your pelvic floor needs to be addressed.

Here's a reminder of the roles of the pelvic floor and why looking after her is so important.

- Supports and stabilizes the pelvic organ outlets.
- Supports and stabilizes the pelvic organs against prolapse.
- It has a role in sphincter closure and release to prevent or aid bowel movements, urination and release of gas.
- Has a role in sexual function and plays a role in arousal/orgasm.

In today's video we are doing diaphragmatic breathing with a pelvic floor contraction and release whilst continuing our natural breath. Use this video as a couple of minutes to check in with your pelvic floor and tick off some engagement work for the day.

DAY 4: TENSION RELIEF

In today's video we're going to a full body scan, to check in with how our bodies are feeling and notice where in the body we are holding tension.

Motherhood is physically demanding from feeding to carrying and everything in between.

So often we neglect to check in with how our bodies are feeling and allow sensations of tightness and tension to build for months before addressing them.

Today we're working from the crown of the head to the toes and doing some gentle movements and stretches along the way to help release some of the tension you have built up.



to watch the video
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DAY 5: SLEEPY STRETCH

to watch the video
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Starting your day with any kind of movement can help set the tone for the rest of the day. Stepping out of those normal habits and staying off your phone and social media first thing is a game changer (and I say this as a social media addict myself)

The best thing about today's video is that you don't need to get out of bed to do it! You can do this sleepy stretch either first thing in the morning or before bed to get your body feeling better.

At the end of the video I want you to set an intention for the day or say aloud something you're grateful for to help shift your mindset. A simple act of identifying something you feel grateful for can help you start the day in a better head space.

Even after the worst nights sleep, if I can find one thing that I'm grateful for, I know my mindset feels instantly more positive. Even if caffeine is what you're grateful for, it still counts.



DAY 5 SLEEPY STRETCH

DAY 6: CORE ENGAGEMENT

Today I am sharing with you two brilliant core engagement exercises which are safe and effective to use post-partum.

Be aware if either of these exercises cause any doming of your abs (a small bump raises when tension is created in the abs normally around the belly button) then I would recommend you wait to include these exercises in your workouts.

So many women I work with after having a baby tell me they aren't confident with what core exercises to include. Most say their GP at their 8 week appointment told them it was safe to return to exercising as you were before you got pregnant, which isn't always the case.

I do not recommend any crunches or spinal flexion exercises for postnatal fitness in the first six months or until any issues with diastasis or pelvic floor dysfunction are resolved.

When introducing core work such as planks, start with the exercises elevated and gradually build up to full plank holds and more challenging variations.

As always recovery of the core looks and feels differently for all women so tune in to what feels right for you.

to watch the video
click here →



DAY 6 CORE ENGAGEMENT

DAY 7: HAPPY HIPS

to watch the video
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Hip pain is one of the most common complaints from women postnatally. Postpartum hip pain happens because the muscles surrounding the pelvis get out of balance during pregnancy, which results in areas of tension and tightness.

It doesn't matter how you birthed your baby, all women are susceptible to discomfort and pain after childbirth. There are a number of different causes for hip pain, however if you have any continuous or worsening hip pain, you should go and see your healthcare professional.

Strength exercises and regular stretching and mobility can help improve the muscle aches and tightness you might be experiencing.

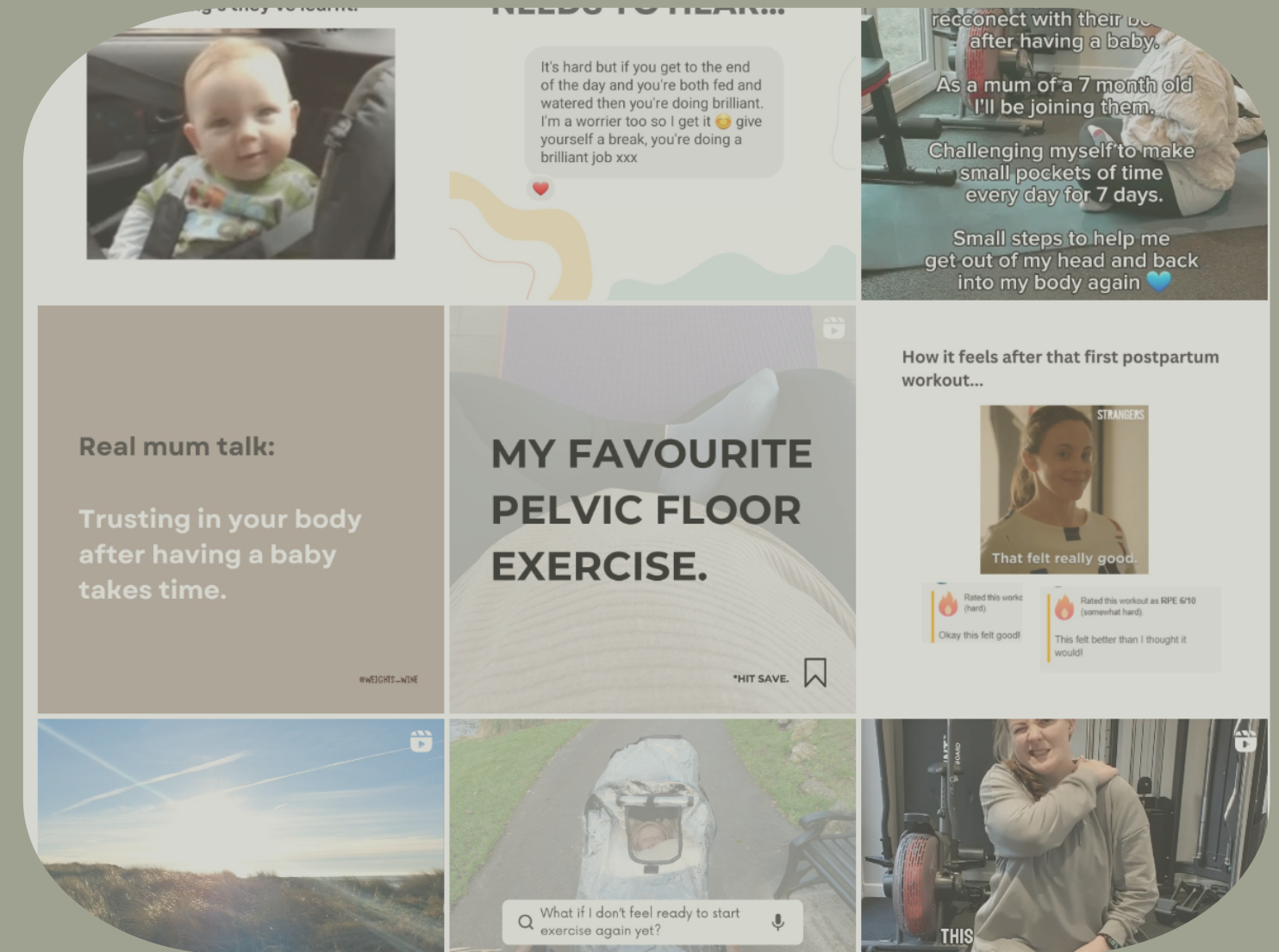
In motherhood we often stand and sit in uncomfortable positions for long periods of time soothing, feeding and holding our babies. It's no wonder we start to feel the physical toll after a while.

Today's video is jam packed full of happy hip movements to help you include some gentle hip movements into your day.



DAY 7 HAPPY HIPS

THANK YOU



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