



Basic Instructions for Postpartum Belly Exercises



Consult your doctor before starting the regime, especially if you had a difficult childbirth

Start slowly with simple exercises and gradually increase the intensity



Stay active for at least 20-30 minutes daily

Stop exercising if you experience any pain or discomfort



Keep yourself hydrated and eat a healthy, balanced diet

Breastfeed your baby before starting exercise to avoid any discomfort

