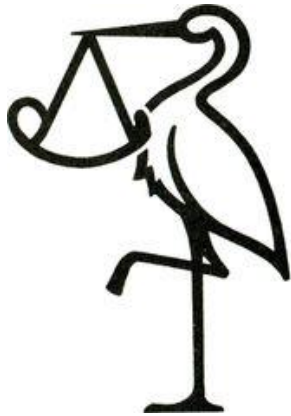


Healthy Lifestyle Tips for New Mums



Congratulations you've just had a baby! What better time than now to take some time to assess your health so that you can be your best, (mentally, physically and emotionally) for your new bundle of joy.



The advice enclosed will guide you through some health checks that you can use to gauge your overall health and use to start to make changes that will improve your overall health and wellbeing.

Get on top of any health related issues

A major priority for healthy living is to ensure that any pre-existing health problems or conditions are being treated.

Prevention is better than cure. With that in mind, seek help or treatment to deal with any behaviour or activity which can lead to poor health now or in the future such as a high sugar diet, smoking or living a sedentary life.



Become more active

Research has linked physical activity to living a happier and healthier life. It doesn't need to be hard core, just make it something fun and that you can easily make part of your daily routine. Start slow and set yourself goals.

Revamp your diet

A healthy well balanced diet can help you look and feel great. Why not try to eat more and a bigger variety of different fruit and vegetables?

As a busy mum, plan your meals in advance. This will not only save you time but ensure that you're eating well and regularly, which will keep your energy levels up.



Manage stress

With a new member of the family arriving and the upheaval that follows, life can be a little chaotic and cause a little stress. Meditation, yoga or a cup of tea with a friend can all help, just find something that works to help you relax.

Get a good night's sleep

Sleep gives our body a chance to heal and renew itself, which is vital for good health. Aim to try and get 7 hours sleep a night.

As a new mum, you'll be trying to get baby into a sleep routine. While this happens, nap when baby does to keep your energy levels up.



Work on your relationships

Try to be social and spend time with people. Maybe join a mother and baby group.