

POSTNATAL EXERCISES



Eżerċizzji wara t-twelid

Nota: jekk jogħġbok fittex approvazzjoni medika qabel ma terġa' lura għall-eżerċizzju

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Maltese, September 2020

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WALKING



- 1 **Start with small and gentle walks and slowly increase your walking time or distance**
- 2 **Break your walks up into small bouts throughout the day**

- 3 **Start with 10 minutes daily and aim to progress as your body is ready.**

Please note: Avoid return to running until cleared or advised to do so.

Note: please seek medical clearance prior to returning to exercise.

Tmur timxi

1. Ibda b'mixjiet żgħar u ġentili u bil-mod żid il-ħin jew id-distanza tal-mixi tiegħek
2. Aqsam il-mixjiet tiegħek f'perjodi żgħar matul il-ġurnata
3. Ibda b'10 minuti kuljum u immira li żżid aktar hekk kif ġismek ikun lest.

Nota: Evita li terġa' tibda tiġri qabel ma tkun approvata jew avzata biex taġhmel hekk

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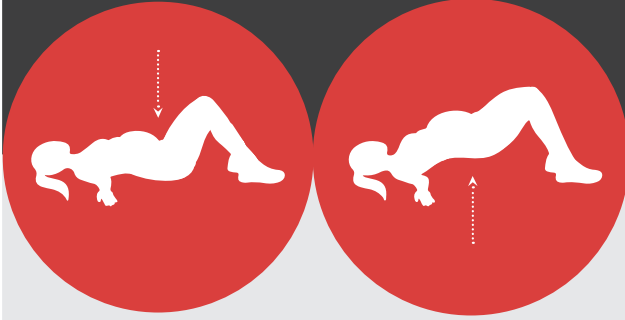
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PELVIC TILT



- 1 Lay on your back on the floor with your knees bent and feet on the floor in a comfortable position.
 - 2 Allow back to arch. Allow back to flatten to the ground.
 - 3 Engage pelvic floor
 - 4 Repeat this movement for 10 repetitions.
- Progress** - Increase your repetitions, add another set of 10 as able.
- Note:** please seek medical clearance prior to returning to exercise.

Mejjel il-pelvi

1. Imtedd mal-art wiċċek 'li fuq b'irkopptejk milwijn u saqajk mal-art f'pożizzjoni komda
2. Tella' dahrek f'forma ta' arkata.
Erġa' niżżel dahrek ċatt mal-art.
3. Ipressa fuq il-qiegħ tal-pelvi
4. Irrepeti dan il-moviment għal 10 darbiet

Progress- Żid ir-repetizzjonijiet tiegħek, žid sett ieħor ta' 10 skont kemm tkun kapaci.

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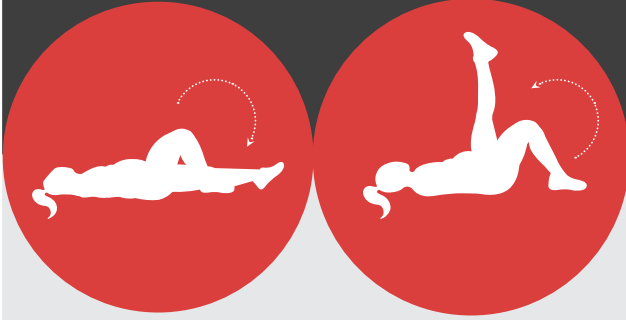
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SINGLE LEG LIFT



- 1 Lay on your back on the floor and have your knees bent and feet on the floor.**
 - 2 Bring one leg up and bend your knee towards your chest and return that leg to the starting position.**
 - 3 Repeat lift and lower for the other leg.**
 - 4 Complete five times per leg, 10 times total.**
- Progress** - as you lift your leg to 90 degrees lengthen your leg out towards the roof, bring it back to 90 degrees then bring back to the floor.
- Note:** please seek medical clearance prior to returning to exercise.

Tgħolli sieq waħda

1. Imtedd mal-art wiċċek 'l fuq b'irkopptejk milwijn u saqajk mal-art.
2. Għolli riġel wieħed 'il fuq u ilwi l-irkoppa lejn sidrek u reġġa' lura dik ir-riġel għall-pożizzjoni tal-bidu
3. Irrepeti l-irfiġh fuq u niżżel għar-riġel l-iehor
4. Għamel dan għal 5 darbiet kull riġel, total ta' x10

Progress- hekk kif ittella' riġlek għal 90 grad tawwal riġlek 'il fuq lejn is-saqaf, erga' ġibha għal 90 grad imbagħad erga' ressaqha mal-art

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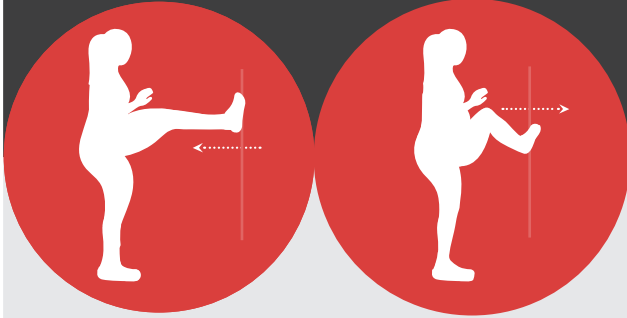
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STANDING SINGLE LEG WALL PRESS



- 1 Stand parallel to a wall and bring the leg closest to the wall up to 90 degrees (with the knee bent).**
 - 2 Press the foot of the straight standing leg into the floor.**
 - 3 Push the bent leg into the wall.**
 - 4 Hold this position for three seconds and bring the leg down to rest.**
 - 5 Repeat five times per each leg.**
- Note:** You will feel the muscle in the standing leg working to stabilise the pelvis
- Progress:** increase your reps as able, aim to complete 10 reps per each leg.
- Note:** please seek medical clearance prior to returning to exercise.

Toqgħod bilwieqfa mal-ħajt fuq riġel wieħed

1. Oqgħod bilwieqfa parallel ma' ħajt u għolli r-riġel l-eqreb tal-ħajt sa 90 grad (bl-irkoppa milwija)
2. Aghfas fuq is-sieq tar-riġel il-wieqaf mal-art
3. Imbotta r-riġel milwi lejn il-ħajt
4. Żomm din il-pożizzjoni għal 3 sekondi u niżżel ir-riġel 'l isfel biex tistrieħ.
5. Irrepeti għal 5 darbiet għal kull riġel

Nota: Għandek tħoss il-muskolu fir-riġel il-wieqaf jaħdem biex jissoda l-pelvi

Progress - žid ir-repetizzjonijet skont kemm tkun tiflaħ, immira li ttemm sa 10 darbiet għal kull riġel

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WALL PUSH UP



- 1** With your feet shoulder-width apart, stand about an arm's length away from a wall.
 - 2** Place your palms on the wall at shoulder height and shoulder-width apart.
 - 3** Breathe in as you bend your elbows and slowly move your chest towards the wall while keeping your feet on the ground (it is ok if your heels lift off the ground).
 - 4** Breathe out and use your arms to push your body slowly back to your starting position, your arms returning to straight position. Repeat 10 times.
- Extra Support** - Stand closer to the wall.
- Progress** – Increase the number of times you do the activity to two times ten.
- Note:** please seek medical clearance prior to returning to exercise.

Timbotta mal-ħajt

1. B'saqajk imbegħda daqs wisa' ta' spalla, oqgħod madwar driegħ 'il bogħod minn ħajt.
2. Poġġi l-pali ta' jdejk mal-ħajt fl-għoli ta' l-ispallejn u l-wisa' ta' l-ispallejn.
3. Ħu nifs 'il ġewwa waqt li tilwi minkbejk u bil-mod tħarrek sidrek lejn il-ħajt waqt li żżomm saqajk mal-art (mhux problema jekk għarqbejk jintrefgħu mill-art).
4. Ħu nifs 'il barra u uża dirgħajk biex timbotta ġismek bil-mod lura lejn il-pożizzjoni tiegħek tal-bidu, b'dirgħajk jerġgħu lura għall-pożizzjoni dritta. Irrepeti 10 darbiet.

Iktar Sapport – leqaf iktar viċin il-ħajt.

Progress - Żid in-numru ta' drabi li tagħmel l-attività għal 2 x 10

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SHOULDER SQUEEZE



- 1 Choose to either stand or sit up straight in a chair**
- 2 Extend your arms straight in front of you with your palms facing down and fingers curved like you are holding a bar.**
- 3 Pull your arms back, bending your elbows until they are behind your back. Squeeze your shoulder blades, hold for three seconds and release. Repeat 10 times.**

Progress- Increase your repetitions to two times 10. For an extra challenge look at adding a resistance band to this exercise.

Note: extra beneficial for those who are breast feeding or experiencing upper back tightness

Note: please seek medical clearance prior to returning to exercise.

Agħfas l-ispalla

1. Poġġi bilqiegħda dritt fuq sigġu
2. Iftaħ dirgħajk dritti quddiemek bil-pali ta' idejk iħarsu 'l isfel u s-swaba' milwijn bħallikieku qed iżzomm lasta.
3. Iġbed dirgħajk lura, billi tilwi minkbejk sakemm ikunu wara dahrek. Agħfas l-għadam ta' spallejk, żomm għal 3 sekondi u erfi. Irrepeti 10 darbiet.

Progress - Żid ir-repetizzjonijiet tiegħek għal 2 x 10. Għal sfida ikbar ara li żżid faxxa ta' reżistenza ma' dan l-eżerċizzju.

Nota: ta' benefiċċju ikbar għal dawk li qed iredgħu jew jesperjenzaw tagħfis fin-naħa ta' fuq tad-dahar

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Disclaimer

If you have any current or prior medical conditions, please check with your GP or accredited medical professional if you can participate in the exercises. If you feel unwell while doing the exercises stop immediately and seek professional medical advice. There is inherent risks in participating in exercising and you undertake to participate at your own risk and warrant that you are physically and mentally able to safely undertake these exercises and have no medical or health condition which will or may affect you during or as a result of undertaking the exercises. By participating in these exercises, you agree to the terms of use and indemnify Council for any damages and liability for death, personal injury, loss or damage to property. The exercises are generic and are not tailored to the individual needs of the participants.

Caħda

Jekk għandek xi kundizzjonijiet mediċi kurrenti jew preċedenti, jekk jogħġbok iċċekkja mat-tabib tiegħek jew mal-professionist mediku akkreditat jekk tistax tipparteċipa fl-eżerċizzji. Jekk tħossok ma tifaħx waqt li tkun qed tagħmel l-eżerċizzji ieqaf immedjatament u fittex parir mediku professjonali. Hemm riskji inerenti fil-parteċipazzjoni ta' l-eżerċizzji u nimpenja ruħi li nipparteċipa b'riskju tiegħi stess u niggarrantixxi li jien fiżikament u mentalment kapaċi nagħmel dawn l-eżerċizzji mingħajr periklu u m'għandi l-ebda kundizzjoni medika jew ta' saħħa li sejra jew tista' taffettwani matul jew bħala riżultat li nagħmel l-eżerċizzji. Billi nipparteċipa f'dawn l-eżerċizzji, naqbel mat-termini ta' użu u nindennizza lill-Kunsill għal kwalunkwe ħsara u responsabbiltà, għal mewt, korriment personali, telf jew ħsara lill-proprietà. L-eżerċizzji huma ġeneriċi u mhumiex imfassla għall-bżonnijiet individwali tal-parteċipanti.

Acknowledgement

Council acknowledges the peoples of the Kulin nation as the Traditional Owners of these municipal lands and water ways. We pay respect to Elders past, present and emerging.

Rikonoxximent

Il-Kunsill jirrikonoxxi l-popli tan-nazzjon Kulin bħala s-Sidien Tradizzjonali ta' dawn l-artijiet muniċipali u l-meddi ta' l-ilma. Ahna nagħtu ġieħ lill-Anzjani tal-passat, preżenti u emergenti.

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