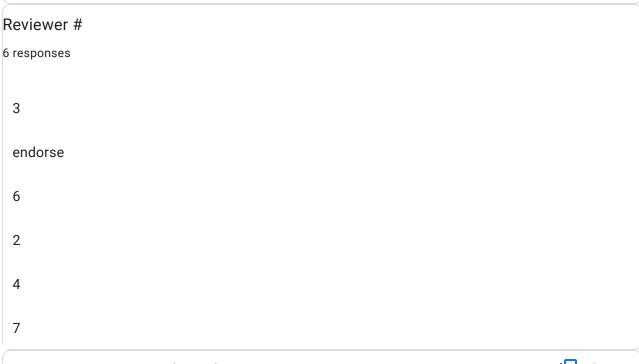
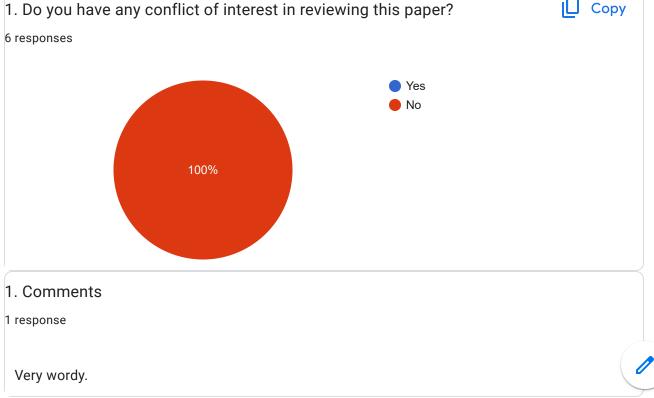
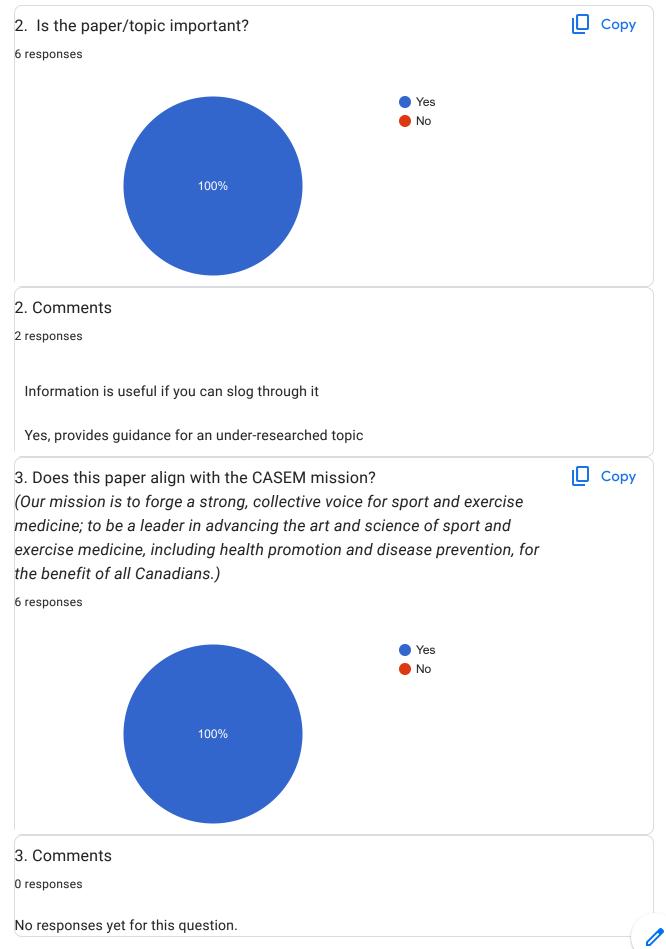
2025 Canadian Guideline for Physical Activity, Sedentary Behaviour, and SleepThroughout the First Year Postpartum

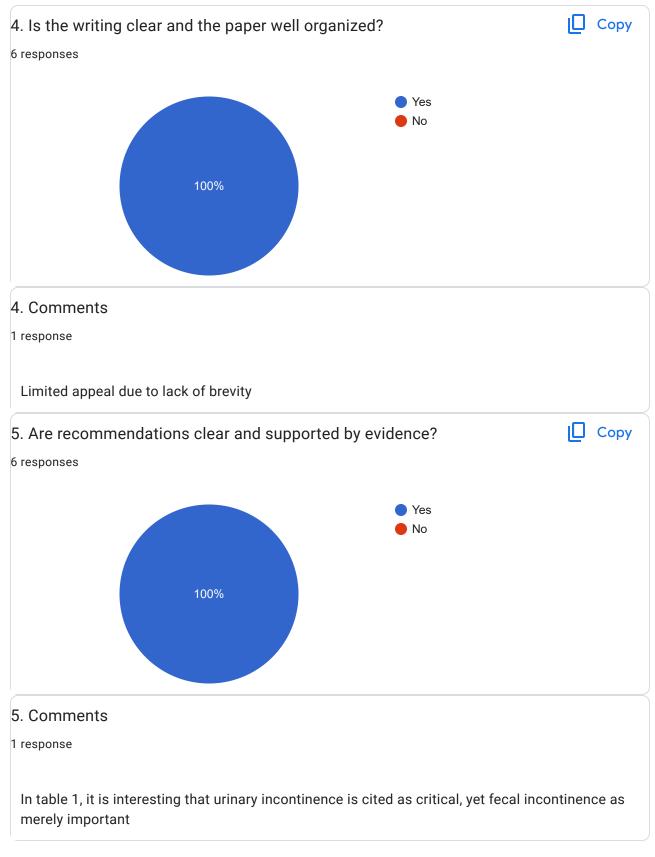
6 responses

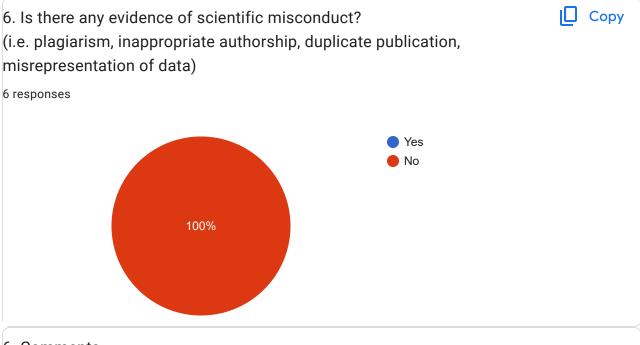
Publish analytics











6. Comments

0 responses

No responses yet for this question.

7. Other comments:

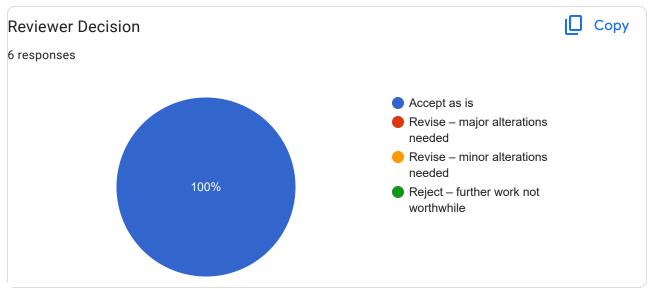
3 responses

A summary document would be very helpful to make this important work more accessible for clinicians.

Fig.1- Get Active Questionnaire was not there -Fig. 1 was empty. I was interested to see this. Lots of work needs to be done to provide more specific recommendations for different post partum population groups / type of exercise etc. - not surprising that, as per the history of most scientific and medical research, research pertaining to female and child bearing populations is sorely lacking!

I find it interesting the recommendation is for 120 minutes as opposed to the 150 minutes that has been the recommendation from CSEP in 2019.

I am happy to see that there is promotion of a more rapid return back to exercise depending on individual healing, as I typically find the current guidelines are too strict for women who remained active during their pregnancy.



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