

Breastfeeding and Exercise

On the topic of breastfeeding and exercise, here's the short and sweet info...

If mom is able to do both, and baby gets what he/she needs – **go for it!**

I'm not saying that either is easy. Don't give up if you run into bumps along the way. For breastfeeding support, there are so many wonderful lactation consultants out there as well as support centers like [La Leche League International](#) or [The Pump Station](#). For exercise support, consult a fitness professional (like [Fit for Expecting](#)) that is certified to work with postpartum moms. You have unique needs as a postpartum mom and you need someone that can give you accurate information and recommend appropriate exercises.

Will exercise alter the taste of my breast milk?

Short answer – probably not.

Unless you are an elite athlete and exercise at maximum intensity, you most likely don't have anything to worry about.

Exercise is uncomfortable, what should I do?

Here are a few ideas to help:

- Feed or pump before exercising.
- Wear a supportive bra or two!
- High impact activities, like running or jumping exercises, might be too much for you right now. Try lower impact cardio activities such as walking, slow and steady stair climbing, recumbent biking, or swimming.

How can I tell if I'm exercising too much?

Short answer – use common sense.

How do you feel? Is your baby healthy and growing? If you and your baby are healthy and baby is growing as the pediatrician thinks he/she should, then your exercise program is fine. If not, scale it back.

What else do I need to know?

Stay hydrated – breastfeeding and exercise both increase your body's need for fluid replenishment, so keep a water bottle with you and drink it up!

Eat a balanced and nutritious diet. If you need help, find a registered dietitian in your area:

<http://www.eatright.org/programs/rdfinder/>.

Hungry for more information? Check out these sites:

<http://www.mayoclinic.com/health/exercise-after-pregnancy/MY00477>

<http://kellymom.com/bf/can-i-breastfeed/lifestyle/mom-exercise/>

Jennifer Tucker Johnson is a Perinatal Exercise Specialist and Founder of [Fit for Expecting](#).