

Essential Postpartum Guide:

YOUR FIRST TWO STEPS TO RECOVERY



Start here

What postpartum women need to know about their recovery journey. Addressing these two areas is foundational to truly heal, strengthen and restore physical health postpartum.

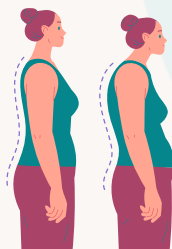
- [Watch now](#)



Time for a breather

Did you know that how you breathe affects your core muscle system? Learn how to address it with these exercises.

- [Lower Tummy Breathing Exercises](#)
- [Retraining the Ribs Postpartum](#)
- [Rib Expanders](#)



How do you stack up?

Having proper alignment postpartum is key to ensuring your core muscle system is engaged and supporting your everyday activities. Use the following videos as your guide to restoration.

- [Alignment Check](#)
- [Restoring Proper Alignment Postpartum](#)
- [Tips for Proper Alignment when Sitting](#)
- [Tips for Proper Alignment when Exercising on the Floor](#)



Join the Baby Bod Program Facebook Group!

Get support from me and other healthcare professionals plus connect with other moms in this community.

- [Join now](#)



Work with me

For more personalized support on your postpartum recovery journey, consider Baby Bod coaching where you get direct access to address your specific needs.

- [Get support](#)