



Keeping Active – post natal Keep Well activities

The Keep Well campaign is encouraging people to mind their physical and mental health and wellbeing by adding healthy habits to their routines.

As part of the Keep Well campaign, Sport Ireland has produced post natal Keep Well videos for new mothers

Led by Fiona Oppermann, a mum herself, this 6-part will focus building your strength from week 6 to 12 of your post pregnancy journey

The sessions can be done as week by week progressions or standalone sessions. You can do the exercises in your own space and at your own pace, by pausing and restarting the videos at a pace that works for you

Click [here](#) to access the videos