

# Postpartum Rebuild Curriculum

## Week 1

**Fitness Focus:** Gentle Mobility & Breathing

**Weekly Challenge:** 2 Walks (10-15min)

**Education:** Understanding Your Postpartum Body with Women's Health Provider

## Week 2

**Fitness Focus:** Core Activation, Stretch & Alignment

**Weekly Challenge:** Daily Breathing Practice

**Education:** Core, Breath & Pelvic Floor with Pelvic Floor Physical Therapist

## Week 3

**Fitness Focus:** Functional Fitness

**Weekly Challenge:** Daily Intentional Rest Moment

**Education:** Sleep, Stress & Emotional Wellbeing with Postpartum Support Specialist

## Week 4

**Fitness Focus:** Strength & Posture

**Weekly Challenge:** Share a Simple Busy Meal with Group

**Education:** Nutrition for Healing & ENergy with Registered Dietitian

## Week 5

**Fitness Focus:** Full Body Strength Circuit

**Weekly Challenge:** Complete One Strength Session

**Education:** Rebuilding Strength & Confidence with Fit4Mom

## Week 6

**Fitness Focus:** Strength & Mobility

**Weekly Challenge:** Choose One Habit to Continue

**Education:** Integration & Moving Forward with Fit4Mom

St. Jude Wellness Center & Fit4Mom