



For Breastfeeding Moms

Contact a Breastfeeding Specialist in your local WIC office, hospital, physician, or health department if you have questions or need help with breastfeeding.

Breastfeeding is a special gift only you can give your baby.

Physical Activity

Physical Activity For Breastfeeding Moms

Healthy breastfeeding women who are not already doing vigorous-intensity physical activity should get at least 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity a week. This activity should be spread throughout the week. Women who regularly engage in vigorous-intensity aerobic activity or high amounts of activity can continue their activity provided that their condition remains unchanged and they talk to their health care provider about their activity level throughout their pregnancy and after delivery.

[At-A-Glance: A Fact Sheet](#)

Exercise and Breastfeeding

Exercise should not affect breast milk volume or its composition and it shouldn't affect a nursing infant's growth. Some research, however, suggests that high-intensity physical activity can cause lactic acid to accumulate in breast milk and produce a sour taste a baby might not like. If you're breastfeeding, you can reduce this problem by doing only moderate physical activity — or discarding milk produced in the half-hour following a high-intensity workout. Stay comfortable while exercising, nurse your baby or express milk before your workout. It also helps to wear a supportive bra. To prevent dehydration, drink plenty of fluids during and after your workout.

Wear Suitable Clothes

- Wear lightweight, loose-fitting tops so you can move easily.
- Wear clothes made of fabrics that absorb sweat and remove it from your skin.
- Never wear rubber or plastic suits. Plastic suits could hold the sweat on your skin and make your body overheat.
- Women should wear a good support bra.
- Wear supportive athletic shoes for weight-bearing activities.
- Wear a knit hat to keep you warm when you are physically active outdoors in cold weather. Wear a tightly woven, wide-brimmed hat in hot weather to help keep you cool and protect you from the sun.
- Wear sunscreen when you are physically active outdoors.
- Wear garments that prevent inner-thigh chafing, such as tights or spandex shorts.

