

Supplemental Online Content

Supplementary Figure 1: Flow diagram showing search strategy and process of exclusion for the scoping review for the database searches (blue font) and the grey literature (red font)

Supplementary Table 1: Preferred Reporting Items for Systematic reviews and Meta-Analyses extension for Scoping Reviews (PRISMA-ScR) Checklist

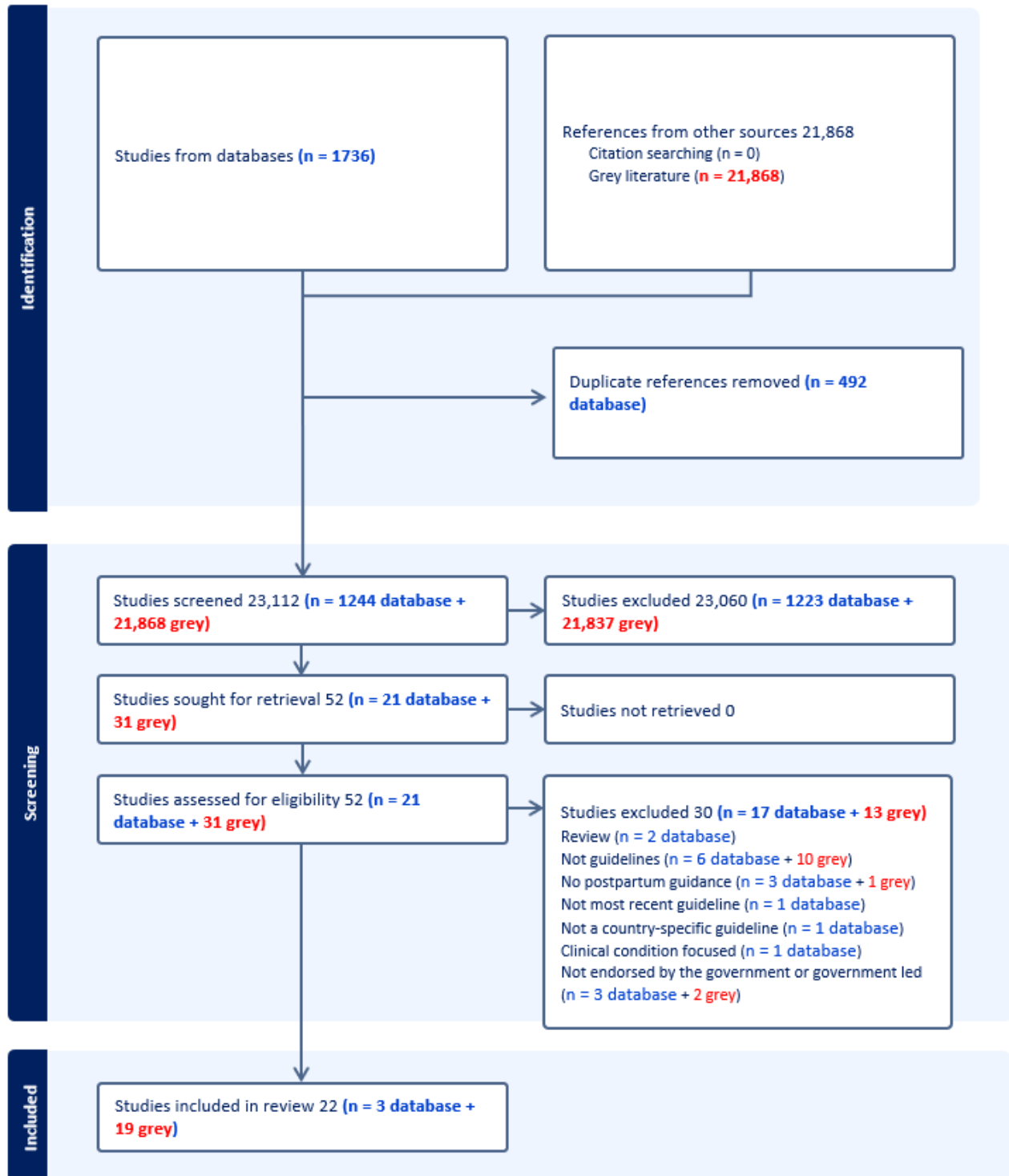
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Supplementary Figure 1: Flow diagram showing search strategy and process of exclusion for the scoping review for the database searches (blue font) and the grey literature (red font)



Note: Three guidelines were identified both from the database and the grey literature. In the final “included” box, we denote them as “n=3 database”.

Reference: Tricco et al. 2018

Supplementary Table 1: Preferred Reporting Items for Systematic reviews and Meta-Analyses extension for Scoping Reviews (PRISMA-ScR) Checklist*

SECTION	ITEM	PRISMA-ScR CHECKLIST ITEM	REPORTED ON PAGE #
TITLE			
Title	1	Identify the report as a scoping review.	Page 1
ABSTRACT			
Structured summary	2	Provide a structured summary that includes (as applicable): background, objectives, eligibility criteria, sources of evidence, charting methods, results, and conclusions that relate to the review questions and objectives.	Page 2
INTRODUCTION			
Rationale	3	Describe the rationale for the review in the context of what is already known. Explain why the review questions/objectives lend themselves to a scoping review approach.	Page 4-5
Objectives	4	Provide an explicit statement of the questions and objectives being addressed with reference to their key elements (e.g., population or participants, concepts, and context) or other relevant key elements used to conceptualize the review questions and/or objectives.	Page 5
METHODS			
Protocol and registration	5	Indicate whether a review protocol exists; state if and where it can be accessed (e.g., a Web address); and if available, provide registration information, including the registration number.	Page 5
Eligibility criteria	6	Specify characteristics of the sources of evidence used as eligibility criteria (e.g., years considered, language, and publication status), and provide a rationale.	Page 4-5
Information sources ¹	7	Describe all information sources in the search (e.g., databases with dates of coverage and contact with authors to identify additional sources), as well as the date the most recent search was executed.	Page 4-5, Suppl Table 2
Search	8	Present the full electronic search strategy for at least 1 database, including any limits used, such that it could be repeated.	Suppl Table 2
Selection of sources of evidence ²	9	State the process for selecting sources of evidence (i.e., screening and eligibility) included in the scoping review.	Suppl Table 2
Data charting process ³	10	Describe the methods of charting data from the included sources of evidence (e.g., calibrated forms or forms that have been tested by the team before their use, and whether data charting was done independently or in	Page 5

SECTION	ITEM	PRISMA-ScR CHECKLIST ITEM	REPORTED ON PAGE #
		duplicate) and any processes for obtaining and confirming data from investigators.	
Data items	11	List and define all variables for which data were sought and any assumptions and simplifications made.	Not applicable
Critical appraisal of individual sources of evidence ⁴	12	If done, provide a rationale for conducting a critical appraisal of included sources of evidence; describe the methods used and how this information was used in any data synthesis (if appropriate).	Not applicable
Synthesis of results	13	Describe the methods of handling and summarizing the data that were charted.	Page 6
RESULTS			
Selection of sources of evidence	14	Give numbers of sources of evidence screened, assessed for eligibility, and included in the review, with reasons for exclusions at each stage, ideally using a flow diagram.	Suppl Figure 1
Characteristics of sources of evidence	15	For each source of evidence, present characteristics for which data were charted and provide the citations.	Page 6
Critical appraisal within sources of evidence	16	If done, present data on critical appraisal of included sources of evidence (see item 12).	Not applicable
Results of individual sources of evidence	17	For each included source of evidence, present the relevant data that were charted that relate to the review questions and objectives.	Page 6-12
Synthesis of results	18	Summarize and/or present the charting results as they relate to the review questions and objectives.	Page 6-12
DISCUSSION			
Summary of evidence	19	Summarize the main results (including an overview of concepts, themes, and types of evidence available), link to the review questions and objectives, and consider the relevance to key groups.	Page 12-15
Limitations	20	Discuss the limitations of the scoping review process.	Page 16
Conclusions	21	Provide a general interpretation of the results with respect to the review questions and objectives, as well as potential implications and/or next steps.	Page 16-17
FUNDING			
Funding	22	Describe sources of funding for the included sources of evidence, as well as sources of funding for the scoping review. Describe the role of the funders of the scoping review.	Page 17

¹Where *sources of evidence* are compiled from, such as bibliographic databases, social media platforms, and Web sites.

²A more inclusive/heterogeneous term used to account for the different types of evidence or data sources (e.g., quantitative and/or qualitative research, expert opinion, and policy documents) that may be eligible in a scoping review as opposed to only studies. This is not to be confused with *information sources*.

³The process of data extraction in a scoping review is referred to as *data charting*.

⁴The process of systematically examining research evidence to assess its validity, results, and relevance before using it to inform a decision. This term is used for items 12 and 19 instead of "risk of bias" (which is more applicable to systematic reviews of interventions) to include and acknowledge the various sources of evidence that may be used in a scoping review (e.g., quantitative and/or qualitative research, expert opinion, and policy document).

Note: The page numbers refer to the manuscript pages as submitted to the journal.

Abbreviation: Suppl, Supplementary

*Reference: Tricco, A. C., E. Lillie, W. Zarin, K. K. O'Brien, H. Colquhoun, D. Levac, D. Moher, M. D. J. Peters, T. Horsley, L. Weeks, S. Hempel, E. A. Akl, C. Chang, J. McGowan, L. Stewart, L. Hartling, A. Aldcroft, M. G. Wilson, C. Garritty, S. Lewin, C. M. Godfrey, M. T. Macdonald, E. V. Langlois, K. Soares-Weiser, J. Moriarty, T. Clifford, O. Tuncalp and S. E. Straus (2018). "PRISMA Extension for Scoping Reviews (PRISMA-ScR): Checklist and Explanation." Ann Intern Med **169**(7): 467-473.

Supplementary Table 2: Database and grey literature search strategies

Database Search

Source	Date Searched	Number of Results
PubMed (U.S. National Library of Medicine, National Institutes of Health)	April 7, 2023	1089
SPORTDiscus (EBSCO)	April 7, 2023	185
Global Health (EBSCO)	April 7, 2023	370
CINAHL (EBSCO)	April 7, 2023	92
Total (Including Duplicates)		1736
Total (After Duplicates Removed)		1244

Note: We limited all searches from January 1, 2010 forward. We used pregnancy terms, since often postpartum guidelines were found in the same document.

Database	Boolean String
PubMed	("pregnancy"[Title/Abstract] OR "pregnant"[Title/Abstract] OR "postpartum"[Title/Abstract] OR "postnatal"[Title/Abstract]) AND ("guideline"[Title/Abstract] OR "recommendation"[Title/Abstract] OR "position statement"[Title/Abstract] OR "position stand"[Title/Abstract]) AND ("physical activit*[Title/Abstract] OR "sedentar*[Title/Abstract] OR "physical behavior"[Title/Abstract] OR "inactivity"[Title/Abstract] OR "aerobic activit*[Title/Abstract] OR "exercise" [Title/Abstract] OR "resistance training"[Title/Abstract] OR "strength training"[Title/Abstract] OR "walking" [Title/Abstract])
SPORTDiscus	(TI "pregnancy" OR AB "pregnancy" OR TI "pregnant" OR AB "pregnant" OR TI "postpartum" OR AB "postpartum" OR TI "postnatal" OR AB "postnatal") AND (TI "guideline*" OR AB "guideline*" OR TI "recommendation*" OR AB "recommendation*" OR TI "position statement" OR AB "position statement" OR TI "position stand" OR AB "position stand") AND (TI "physical activit*" OR AB "physical activit*" OR TI "sedentar*" OR AB "sedentar*" OR TI "physical behavior" OR AB "physical behavior" OR TI "inactivity" OR AB "inactivity" OR TI "aerobic activit*" OR AB "aerobic activit*" OR TI "exercise" OR AB "exercise" OR TI "resistance training" OR AB "resistance training" OR TI "strength training" OR AB "strength training" OR TI "walking" OR AB "walking")
Global Health	(TI "pregnancy" OR AB "pregnancy" OR TI "pregnant" OR AB "pregnant" OR TI "postpartum" OR AB "postpartum" OR TI "postnatal" OR AB "postnatal") AND (TI "guideline*" OR AB "guideline*" OR TI "recommendation*" OR AB "recommendation*" OR TI "position statement" OR AB "position statement" OR TI "position stand" OR AB "position stand") AND (TI "physical activit*" OR AB "physical activit*" OR TI "sedentar*" OR AB "sedentar*" OR TI "physical behavior" OR AB "physical behavior" OR TI "inactivity" OR AB "inactivity" OR TI "aerobic activit*" OR AB "aerobic activit*" OR TI "exercise" OR AB "exercise" OR TI "resistance training" OR AB "resistance training")

	OR TI "strength training" OR AB "strength training" OR TI "walking" OR AB "walking")
CINAHL	TI ("pregnancy" or "pregnant" or "postpartum" or "postnatal") OR AB ("pregnancy" or "pregnant" or "postpartum" or "postnatal") AND TI ("guideline" or "recommendation" or "position statement" or "position stand") OR AB ("guideline" or "recommendation" or "position statement" or "position stand") AND TI ("physical activit*" or "sedentar*" or "physical behavior" or "inactivity" or "aerobic activit*" or "exercise" or "resistance training" or "strength training" or "walking") OR AB ("physical activit*" or "sedentar*" or "physical behavior" or "inactivity" or "aerobic activit*" or "exercise" or "resistance training" or "strength training" or "walking")

Grey Literature Search

The search was conducted using the Google search engine for each country identified from the World Health Organization, 2022. Accessed January 3, 2022 at <https://www.who.int/countries>.

Boolean string: (country name) AND (pregnancy OR pregnant OR postpartum) AND (guideline OR guidelines OR "position statement" OR "position stand") AND (exercise OR "physical activity")

Supplementary Table 3: Recommendations from postpartum guidelines on physical activity (n=22)

Country	Quote
Australia	<p>“A gradual return to recommended levels of physical activity is considered to be safe after the six week postnatal check. For women who wish to return to training and competitive sport, depending on the individual case, more intense activities can be gradually resumed, building from moderate to vigorous physical activity over a period of about three months.”</p> <p>“Previously inactive women, whether pregnant or not, are advised to start slowly and increase amounts of physical activity/exercise gradually.”</p> <p>“All women without contraindications should be encouraged to meet the Australia Physical Activity and Sedentary Behaviour Guidelines ... before, during, and after pregnancy.” Those guidelines include the following statements.</p> <ul style="list-style-type: none"> - “Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.” - “Be active on most, preferably all, days every week.” - “Accumulate 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous physical activity, or an equivalent combination of both moderate and vigorous activities, each week.” - “Do muscle strengthening activities on at least 2 days each week.”
Austria	<p>“From 4 to 6 weeks after childbirth, it is recommended that physical activity is extended gradually until the recommended physical activity for adults is again reached.” Those guidelines include the following statements.</p> <ul style="list-style-type: none"> - “Adults should perform muscle-strengthening activities on 2 or more days of the week, involving all major muscle groups.” - “Adults should do at least 150 (2 ½ hours) to 300 minutes (5 hours) per week of moderate-intensity aerobic physical activity.”
Belgium	<p>Postpartum women should gradually build-up after a long period of physical inactivity. The recommendations include at least 150 minutes/week of aerobic exercise at moderate intensity spread over the week. Integrate a variety of aerobic and muscle strengthening exercises, and stretching.</p> <p>“Women who were physically active before pregnancy or are used to high intensity aerobic exercise can continue these activities during pregnancy and the postpartum period.”</p>
Brazil	<p>“If you have no contraindications and prefer moderate physical activity, you should practice at least 150 minutes of physical activity per week. In the practice of moderate physical activities, you will be able to talk with difficulty while moving and will not be able to sing. Your breathing and heartbeat increase moderately. If you were already active before pregnancy and prefer vigorous physical activity, you should practice a minimum of 75 minutes of physical activity per week. In the practice of vigorous physical activities, you will not even be able to talk. your breath it will be much faster than normal and your heartbeat will increase a lot.”</p> <p>“Vigorous physical activities are advised if you already exercised frequently and intensely before pregnancy. If you were already active before pregnancy, it is also possible to reach the recommended amount of physical</p>

	<p>activity per week combining moderate and vigorous activities. You can divide your physical activity practice into small blocks of time or do more minutes per day, all at once. Do as you prefer and as you can! For additional health benefits, aim to engage in regular physical activity and increase your time per week. Every minute counts!"</p> <p>"If you were already physically active before pregnancy or postpartum, you can maintain the routine of physical activity, practicing light to vigorous intensity activities. If you were not active, the recommended amount of time for physical activity before pregnancy or postpartum, start with a physical activity of light intensity and smaller duration. You must increase the intensity and duration progressively, practicing light to vigorous intensity activities, according to your ability. Respect your limits!"</p> <p>"In your free time: take some time to do physical activity with friends, family, with the baby - if you are postpartum - or alone, doing what you like. If you still do not reach the recommendations for the amount of time to practice the physical activity, do not give up and gradually increase the amount and intensity. Keep in mind to do any physical activity, whenever and wherever possible, is better than doing nothing."</p> <p>"It is important to remember that, at the beginning of the routine practice of physical activity, it is normal for you to feel a little muscle soreness after practice."</p>
Brunei	<p>"Doing some physical activity is better than doing none. Pregnant and postpartum women should be active in many ways as you can, and gradually increase the frequency, intensity, and duration over time."</p> <p>"Pregnant and postpartum women should listen to their body and adapt."</p> <p>"All pregnant and postpartum women without contraindication should undertake regular physical activity; do at least 150 minutes of moderate intensity aerobic physical activity throughout the week for substantial health benefits."</p> <p>"Women who, before pregnancy, habitually engaged in vigorous intensity aerobic activity, or who were physically active, can continue these activities during pregnancy and postpartum period, provided they remain healthy and discuss with their healthcare professionals how and when activity should be adjusted over time."</p> <p>"Pregnant and postpartum women should be under the care of a healthcare professional for antenatal and postnatal care who can advise on special considerations given their medical history and any contraindications to participating in physical activity."</p>
Estonia	<p>"Exercise of the pelvic floor muscles is especially important during pregnancy and after childbirth."</p>
Fiji	<p>"Steadily increasing physical activity through light activities...."</p>
Finland	<p>"The weekly physical activity recommendation after delivery is designed for people who have had an uncomplicated delivery over the past twelve months."</p> <p>"How much physical activity is good for you? Moderate physical activity at least 2 hours 30 minutes per week or vigorous physical activity at least 1 hour 15 minutes per week." They also included muscle strengthening and balance activities (2 times per week), light physical activity (as often as possible), and sufficient restorative sleep.</p> <p>"All activity that increases your heart rate counts."</p>

	<p>“You will achieve the same health benefits in a shorter time when you increase the intensity of your activity.”</p> <p>“Recovering from delivery is different for each individual – you can start light physical activity as soon as you feel ready to do so. Listen to your body and gradually increase the amount and intensity of the activity. If you are uncertain, do not hesitate to consult with your nurse or doctor.”</p> <p>“In the beginning, avoid physical activities that include intense jumps or rapid changes in direction, because your ligaments might have loosened due to hormonal changes.”</p>
France	<p>“In the absence of medical contraindication, and in the absence of perineal lesions during childbirth, after the postpartum consultation, most physical activities can be continued.”</p> <p>“Start with 3 to 5 sessions of cardiorespiratory type activity for at least 15 minutes per day. Perineal rehabilitation exercises can begin immediately during the postpartum period. After the medical examination of the 6th month after childbirth, women can regain a level of PA (<i>physical activity</i>) corresponding to at least 30 minutes of moderate PA at least 3 times a week, or 3,000 steps/day in 30 minutes, in addition to common activities.”</p>
Greece	<p>“Physical activity should start slowly, while its duration and intensity should be increased gradually.”</p> <p>“Once you feel ready, after giving birth, and if your doctor agrees, you can start with gentle activities such as walking.”</p>
Iceland	<p>“Returning to exercise after having a baby should be a gradual process. It’s important to ease yourself back into exercise. Take your time. You should follow an exercise plan and first focus on pelvic floor muscle exercises and your posture.”</p> <p>“Until your pelvic floor muscles have strengthened through exercise, avoid running, jumping, and lifting heavy weights.”</p>
Kenya	<p>For all pregnant and lactating women:</p> <p>“Accumulate at least 150 minutes (2 hours and 30 minutes) per week of moderate intensity aerobic activity.”</p> <p>“If inactive in pre-pregnancy, start off with a few minutes of activity each day, and gradually increase to the frequency and intensity of physical activity to achieve the recommended levels.”</p> <p>“Avoid activities that require sudden starts or stops, jumping, rapid changes in direction or one that increases the risk of falling or abdominal injury, such as netball, soccer, or basketball.”</p> <p>“Avoid performing any activity that involves lying on the back. Instead perform the exercises while lying on the side, sitting, or standing.”</p> <p>Always warm-up muscles before each activity and stretch and cool-down afterwards.</p>
Malaysia	<p>“Women who are healthy and already active in physical activity need to continue such activities at a moderate intensity of at least 150 minutes per week during pregnancy and during confinement.”</p>
Norway	<p>“Encourage women already in pregnancy to be physically active after birth. This is particularly important for women who are overweight and obese, or who have put on more weight than recommended during pregnancy.”</p>
Qatar	<p>“Pre-pregnancy exercise routines should be resumed gradually based on a woman’s physical capability.”</p>

	<p>“Gradually increase the frequency to the recommended level; start 2-3 times/week during the first few weeks (after giving birth) and build-up slowly to ≥ 5 days/week.”</p> <p>Recommend aerobic exercise 3-5 days/week, moderate intensity, 45 minutes/week if previously inactive/unfit or feeling fatigued, progressing up to 150 minutes/week.</p> <p>Recommend resistance exercise 2-3 times/week, moderate intensity, 8-10 compound exercises that target all of the major muscle groups.</p>
Singapore	<p>“Pregnant and postpartum women without contraindications are encouraged to engage in physical activity not only through recreation and leisure, but also in different settings – at home (light household chores), as a form of transportation (cycling, walking, jogging), or in occupational and community settings.”</p> <p>“Engage in at least 150 minutes of moderate-intensity aerobic physical activity per week.”</p> <p>“Pregnant and postpartum women should avoid vigorous-intensity physical activity.”</p> <p>“Ease into your physical activity routine progressively. Listen to your body and seek your doctor’s recommendation on suitable activities if you are unsure of how to start.”</p> <p>“Women who have been engaged in light- to moderate-intensity physical activity before pregnancy should continue this regime during pregnancy and adjust the intensity of exercises according to their bodies during the postpartum period. Women who have been physically active or who have engaged in vigorous-intensity aerobic activity can continue these activities during pregnancy and during the postpartum period.”</p> <p>“Start by doing small amounts of physical activity, and gradually increase frequency, intensity, and duration over time.”</p> <p>“Doing some physical activity is better than none.”</p> <p>“Avoid participating in activities which involve physical contact or a higher risk of falling.”</p>
Spain	<p>“Postpartum, physical activity should be gradually resumed as soon as it is physically and medically safe until the recommendation of at least 150 minutes of moderate-intensity activity per week. In general, it is recommended to start with small sessions of physical activity, to gradually increase its duration and intensity.”</p> <p>“In those people who, due to their physical or mental capacity, cannot reach the recommended minimums, any increase in physical activity, even if it is slight, will produce benefits for their health.”</p>
Sri Lanka	<p>“Healthy women who are not already highly active or doing vigorous intensity activity should get at least 150 minutes of moderate intensity aerobic activity a week during... the postpartum period. Preferably, the activity should be spread throughout the week.”</p> <p>“Pregnant women who habitually engage in vigorous intensity aerobic activity or who are highly active can continue physical activity during pregnancy and the postpartum period, provided that they remain healthy and discuss with their healthcare provider how and when activity should be adjusted over time.”</p>
Sweden	<p>“As part of a healthy lifestyle, women during and after pregnancy should be physically active.”</p>

	<p>“During pregnancy and the period after delivery, at least 150 minutes of moderate-intensity physical activity per week is recommended. However, the activity should be adapted to some extent. For example, women who were not physically active before pregnancy should gradually increase their physical activity until they reach the recommendation of at least 150 minutes per week. Women who exercised regularly before the pregnancy can usually continue with it as long as they have no complications.”</p> <p>“In addition, muscle-strengthening physical activity is recommended at least two days a week. During pregnancy and the period after childbirth, women should also exercise the pelvic floor muscles daily to reduce the risk of urine leakage.”</p> <p>It is “important to start physical activity when the body has recovered after a pregnancy.”</p>
Switzerland	<p>“Increase the range of movements/exercise step by step until the basis recommendations for adults are reached...” This includes at least 2.5 hours of movement/physical activity in terms of ordinary/everyday activity or exercise with moderate intensity or 1.25 hours of physical exercise/activity with high intensities, or a combination of the two.</p>
United Kingdom	<p>“Physical activity choices should reflect activity levels pre-pregnancy and should include strength training. Vigorous activity is not recommended for previously inactive women. After the 6 to 8 week postnatal check, and depending on how the woman feels, more intense activities can gradually resume, i.e. building up intensity from moderate to vigorous over a minimum period of at least 3 months.”</p> <p>“Aim for at least 150 minutes of moderate intensity activity every week.”</p> <p>“Build back up to muscle strengthening activities twice a week.”*</p> <p>“Not active? Start gradually.”¹</p> <p>“Active before? Restart gradually.”*</p> <p>“Depending on your delivery listen to your body and start gently.”</p>
United States	<p>“Women should do at least 150 minutes (2 hours and 30 minutes) of moderate intensity aerobic activity a week during pregnancy and the postpartum period. Preferably, aerobic activity should be spread throughout the week.”</p> <p>“Women who habitually engaged in vigorous intensity aerobic activity or who were physically active before pregnancy can continue these activities during pregnancy and the postpartum period.”</p> <p>“Women who are pregnant can consult their health care provider about whether or how to adjust their physical activity during pregnancy and after the baby is born.”</p> <p>“Unless a woman has medical reasons to avoid physical activity during pregnancy or the postpartum period, she can begin or continue light- to moderate-intensity aerobic and muscle-strengthening physical activity.”</p>

Note: Bold added by authors to identify statements on intensity and specific amounts of time.

¹United Kingdom: taken from the infographic on page 38.

Supplementary Table 4: Recommendations from postpartum guidelines based on type of delivery or perineal lesions (reported by 8 of 22 countries)

Country	Quote
Australia	“The timing of return to activity/exercise following childbirth is highly variable. It reflects the type of birth, recovery from perineal damage, medical or surgical procedures , blood loss (degree of anaemia), and habitual pre-pregnancy physical activity/exercise levels. If there are any concerns, seek advice at the first post-natal visit (usually after six weeks).”
Belgium	“In case of caesarean section : gradually rebuild movement after delivery, with doctor's advice.”
Brunei	“Physical activity may be resumed gradually after pregnancy as soon as medically safe, depending on the mode of delivery (vaginal or caesarean birth) and the presence or absence of medical or surgical complications.”
France	“In the absence of medical contraindication, and in the absence of perineal lesions during childbirth, after the postpartum consultation, most physical activities can be continued.” “In the case of a pregnancy with episiotomy, you should wait for the opinion of the obstetrician, doctor, or physiotherapist responsible for perineal rehabilitation before resuming PA (<i>physical activity</i>). If a cesarean section has been performed, there is no concern of perineal damage. It is recommended to wait for the abdominal wall to heal (approximately 2 months) before resuming physical activity.”
Greece	“Every woman is different. If you have had a caesarean section or have complications after childbirth, it may take longer before you start.”
Iceland	“Talk to your GP (<i>general practitioner</i>) before starting exercising if you have had: a caesarean section , a delay in your stitches healing, problems with your wound, infections in your womb or your wound, or postpartum haemorrhage – a rare complication during birth.” “After a caesarean you will need to be careful with it for at least 6 weeks or it could tear. Do not do anything that puts extra pressure on your wound. This includes: lifting anything heavier than your baby, pulling yourself up into a sit up position from bed.” “Focus on retraining your posture. This will help your tummy muscles strengthen to support your scar. Your tummy muscles are usually still intact after a caesarean delivery. They are moved to the side during surgery to allow your baby out of your uterus (womb). But during pregnancy and birth they do stretch and get longer. This is why working on your posture is important.” “Start pelvic floor exercises and gentle walking when you feel ready... Speak to your GP (<i>general practitioner</i>) before doing any other exercise. You may have to wait for at least 6 weeks.” “You will need to wait 3 to 4 months after your baby is born to do high impact exercise. This includes gym exercises and running or jogging. This is because your scar needs at least 12 weeks to heal properly. Only start high impact exercise if your scar is healing and has not been a cause for concern.”
Qatar	“Acceptable guidelines are to resume activity 4-8 weeks after vaginal delivery and 8-12 weeks following a caesarean section .” “No abdominal workout for a minimum of 4 months (for cesarean delivery).”

Spain	“Depending on each person and type of delivery, the start time and intensity of the activity will vary. It is advisable to consult with your reference health professional in the case of having had a cesarean section. ”
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Note: Bold added by authors to identify statements on type of delivery.

Supplementary Table 5: Quotes from postpartum guidelines regarding breastfeeding (reported by 11 of 22 countries)

Country	Quote
Australia	<p>“Physical activity/exercise does not negatively impact breastfeeding as long as nutrient and fluid intakes are adequate, and there is adequate support for the breasts.”</p> <p>“We conclude that there is no evidence to show that physical activity/exercise affects either the quality or quantity of breast milk. Reflecting the lack of evidence, the quality rating is very low.”</p>
Brazil	Physical activity “does not change the composition, quantity, and taste of breast milk.” Physical activity “does not dry out the milk.”
Brunei	Physical activity has “no adverse effects on breast milk volume or composition.”
Estonia	<p>“Breastfeeding mothers should be encouraged to exercise as much as possible. This is especially important for overweight and obese breastfeeding mothers...”</p> <p>“There are no restrictions to various physical activities during breastfeeding.”</p>
Finland	<p>“Drink enough fluids during physical activity. Physical activity of moderate intensity does not affect the quantity or quality of breast milk, the ability to breastfeed, or the baby’s growth.”</p> <p>“The best time for breastfeeding is before physical activity – the breasts become lighter and physical activity is more comfortable.”</p>
Greece	<p>“Physical activity does not affect milk production.”</p> <p>“In some cases, if you breastfeed after strenuous exercise, your baby may be anxious at the time of breastfeeding because of the presence of lactic acid in the milk (produced after intense exercise). Although it changes the taste of milk, it does not have any adverse effects on your baby’s health. Lactic acid levels in the body fall within two hours of cessation.”</p>
Qatar	<p>“Ensure adequate hydration and proper caloric intake as breastfeeding already increases energy requirements besides those added by exercise.”</p> <p>“Breastfeed before exercise or 1 hour after exercising because lactic acid levels can remain in breast milk for up to 1.5 hours.”</p>
Singapore	“You can be active while breastfeeding.”
Spain	“Physical activity of moderate intensity during lactation does not affect the amount or composition of milk or the growth of the infant.”
United Kingdom	<p>“Physical activity can safely be recommended to women during and after pregnancy and had no negative impact on breastfeeding postpartum.”</p> <p>“You can be active while breastfeeding.”¹</p>
United States	“Such activity does not appear to have adverse effects on breast milk volume, breast milk composition, or infant growth.”

¹United Kingdom: taken from the infographic on page 38.