**TABLE 1.** Nulligravid vs Postpartum **Participant** Characteristics.

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|  | **INITIAL (8-10 wks postpartum)** | | **FOLLOW UP (24-26 wks postpartum)** | |
|  | **Nulligravid (n=29)** | **Postpartum (n=27)** | **Nulligravid (n=16)** | **Postpartum (n=26)** |
| Age (yrs) | 25.4 ± 9.1 | 31.3 ± 5.4\* | 25.4 ± 5.8 | 32.1 ± 5.3\* |
| Weight (kg) | 64.4 ± 11.7 | 75.1 ± 13.2\* | 63.4 ± 7.5 | 71.5 ± 14.6\* |
| Height (cm) | 165.9 ± 8.1 | 164.3 ± 4.8 | 166.4 ± 8.1 | 164.1 ± 4.8 |
| BMI (kg/m2) | 23.1 ± 3.4 (n=23) | 27.9 ± 4.9\* | 22.8 ± 2.1 | 26.9 ± 5.3\* |
| Body Fat % | 32.2 ± 5.4 (n=23) | 38.9 ± 6.5\* | 32.7 ± 5.1 | 36.8 ± 8.6 |
| RA muscle thickness (2.5 cm above umbilicus) (cm) | 1.0 ± 0.2 (n=23) | 0.8 ± 0.2\* | 1.0 ± 0.1 | 0.8 ± 0.1\* |
| RA muscle thickness (2.5 cm below umbilicus) (cm) | 1.0 ± 0.2 (n=23) | 0.8 ± 0.2\* | 0.9 ± 0.1 | 0.8 ± 0.2 |
| IRD 4 cm above umbilicus (cm) | 1.1 ± 0.4 (n=23) | 2.3 ± 1.1 (n=22)\* | 1.1 ± 0.6 | 2.3 ± 1.0 (n=25)\* |
| IRD 2.5 cm above umbilicus (cm) | 1.1 ± 0.4 (n=23) | 2.5 ± 1.1 (n=21)\* | 1.0 ± 0.5 | 2.4 ± 1.0 (n=24)\* |
| IRD 2.5 cm below umbilicus (cm) | 0.5 ± 0.2 (n=23) | 1.8 ± 0.9 (n=19)\* | 0.5 ± 0.2 (n=15) | 2.0 ± 1.0 (n=21)\* |
| IRD 4 cm below umbilicus (cm) | 0.4 ± 0.2 (n=23) | 1.5 ± 1.1 (n=22)\* | 0.3 ± 0.2 | 1.4 ± 1.1 (n=23)\* |
| Average moderate intensity physical activity (min·day-1) | 37.9 ± 23.2 (n=18) | 16.2 ± 15.5 (n=19)\* | 29.3 ± 14.1 (n=8) | 16.7 ± 10.5 (n=13)\* |
| Self-reported physical activity over the previous 12 months (MET·hours·week-1) | 41.2 ± 28.4 (n=27) | 20.7 ± 18.9 (n=25)\* | 33.6 ± 24.3 (n=15) | 12.0 ± 9.8 (n=23)\* |

Wks=weeks; yrs=years; kg=kilogram; cm=centimeter; m=meter; RA=rectus abdominis; IRD=inter-recti distance; MET=metabolic equivalents; min=minutes. \* indicates *p*<0.05 **(between-groups)**.