

The study was conducted in Apac Hospital and the main objective was to assess the knowledge, attitude and practice on postnatal exercise among postnatal mothers attending post natal services. A descriptive cross-sectional study design was used to collect quantitative data from 162 postnatal mothers who were interviewed using a simple random sampling technique, The research findings revealed that there was inadequate knowledge among postnatal mothers about postnatal exercises, poor attitude of the mothers towards post natal exercise and that majority of the mothers had not practiced postnatal exercises because they lacked information about postnatal exercises. The study therefore concluded that overall, there was limited or no commitment on the side of midwives on postnatal services There is therefore need for wider publicity of postnatal exercise while at the same time capacity of the midwives should be built.