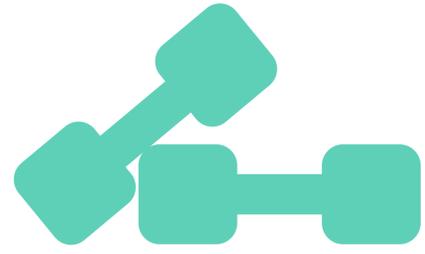


Get back in shape after pregnancy



After childbirth, moms want to work on their figure. However, overweight, extra fat in the abdomen and loss control of your diet are the biggest obstacles preventing moms from getting their pre-baby body back.



Exercising after child birth

Changes in body weight

0-15 weeks

1- 1,5 kg

16-27 weeks

7,5 kg

28 – 40 weeks

12- 17 kg

Total weight gain:

12 – 17 kg.

Including fetus and support tissues/fluids.	
Baby	3 – 4 kg
Placenta	0,5 – 1 kg
Uterus	0,5 – 1 kg
Amniotic fluid	1 – 1,5 kg
Maternal fluids and storage	
Breast	0,5 – 1kg
Blood	1,5 – 2 kg
Protein & Fat	4 – 5 kg
Body fluids	1,5 – 2 kg

When to start losing weight?

Allow yourself at least 6 weeks to start losing weight. If you are breast feeding, you should wait a bit longer, when your baby is about 2 months.

Going on a diet too early after childbirth can make you feel tired as your body needs a lot of energy to adjust with a new baby. Moreover, if you are nursing, dieting too early can gravely affect your milk supply for your new born. If you give it a little tie, you might be surprised that you are losing weight from breastfeeding just as fast as if you were on a diet.

Benefits of Exercise for the Body

- Weight loss: to get your pre-baby body back
- Energy: to conquer your busy day
- Better posture & reduce pain: to ditch the back-ache!
- Muscle tone & strength: to help carry your baby around
- Reduced cholesterol: to love your family with a healthy heart
- Improved bladder control: to hold on during your baby's doctor appointments
- Recovery & endurance: to keep up with your baby's boundless energy
- Cardiovascular & aerobic fitness: to keep your heart and lungs in tip top condition.



Dieting



Benefits of Exercise for the Mind

- Confidence: to feel like a 10/10 mom
- Improved sleep: to handle baby's unpredictable sleepy times
- Increased libido: to keep love in your lives
- Appetite: to nourish your body with nutrients
- Boost memory & brain function: to cherish those special moments
- Happier mom: to embrace the ups and downs of motherhood with grace

Eat

- Hydration: fresh water, soups and fresh juices is essential for you
- Greens: Your body needs regain its strength after delivery and green is definitely the way to go
- Proteins: Most proteins are safe to eat post-delivery
- Milk Products: Most women can tolerate milk and milk products post-delivery
- Carbo-hydrates & Sugars: While breastfeeding, your body needs at least 300-400 extra calories every day
- Nuts: Dried fruits are a staple of the Indian post pregnancy diet.

Do not eat

- Spicy Food: Spicy food is primary thing to be avoided in your diet for post-pregnancy
- Oily Food: Too much oily food means you will store fat in your body
- Don't do the C-A-N: Eliminate Caffeine, Alcohol and Nicotine entirely from your diet
- Gas & Acidity Producing Foods: Steer clear of foods that give you gas, acidity belching as they are not good for your post-delivery body
- Medications: Never take any medication without consulting your gynecologist or the baby's pediatrician.

Tips to Choose Your Exercise

- Avoid doing sit ups in the beginning
- Focus on transverse abdominals: These exercises focus on the inner muscles, which help to reduce back pain and reduce fat quickly
- Cardio exercises: Walking is the easiest exercise with the most outcome. It uses all 206 bones to give the body moving and slim down evenly.
- Walking is so easy. It can be done anytime anywhere. Gradually get use to walking by increasing the speed, pace, duration and distance. For maximum result, keep a good form while walking at higher intensity
- Incorporate strength training into your day: squats, bridging and upper body work.