

## Slim Strong And Healthy After Pregnancy



A new mother's life can be overwhelming. You bring a little one home from the hospital and there are so many new things to learn. The last thing you have time for is worrying about losing the baby weight. Hollywood hasn't done new mothers any favors.

Celebrities seem to lose baby weight at the drop of a hat. But, most of us can't afford the personal trainers, meal delivery services and personal chefs. Here are some words of wisdom to help the new mother get slim strong and healthy after pregnancy.

The first thing you should do is talk to your physician before starting any diet or exercise program. The breastfeeding mother has different dietary rules than a mother who is bottle-feeding. Some mothers may not be able to do strenuous exercise right away. So, it's best to get the green light from your doctor. Here's what you need to find out from the physician: When can you safely begin a weight loss program; what type of weight loss is best for you; is it safe for you to diet, especially if you are breastfeeding, can you safely do exercises, If not, what kind of gentle activity can you do to get yourself moving and what course of action is best suited to tackle it. You should also ask your physician if he suggests a nutritional plan for new mothers. Your goal should be to adopt a healthy eating plan rather than a particular diet. New mothers need to be strong and healthy, so fad diets should be avoided like the plague.

Caring for a new baby is a workout in itself. So, it's always best that the new mother find a exercise and diet program that fits into your life. Let's face it, you don't have a lot of

time for yourself (me time). There's meals to be cooked, groceries to be bought and countless diapers to be changed. Find a program that blends into your lifestyle.



The average woman gains about twenty to twenty-five pounds during pregnancy. A healthy goal would be to lose about one to two pounds per week. For motivation, keep in mind that you're burning calories while doing all those chores and breastfeeding. It took nine months to gain the weight and it's not going to come off over night. The first thing to do is take your measurements; bust, waist and hips. Some people lose inches rather than pounds, so it's important to monitor this area.

Adopting a healthy eating plan doesn't have to be a hassle. You're not expected to come up with new recipes every day just eat lots of fresh fruits and vegetables.

Moderation is the key and, when you have time, work on healthy recipes and avoid junk foods. Try adopting substitution. For example, when you're making oatmeal, make it with water rather than milk. A kitchen scale can be your best friend. Measure how much cheese you're putting on your pizza and you may realize you're eating too much.

Keeping a food journal is a tool that lets you know how much you're eating, when and where the extra calories may be coming from. You'll be slim and trim before you know it. During pregnancy, the body stores energy, in the form of fat, in preparation for breastfeeding. Breastfeeding is a great way to burn calories and bond with the baby. Breastfeeding burns five hundred to seven hundred calories a day. When your physician gives the okay, ease into gentle exercise. Walking is a great form of gentle exercise and the baby can tag along. Just think how many calories you burn just by pushing the baby carriage around. When your body is ready, integrate power walking into your regular routine. Just pick up the pace at regular intervals. Take the stairs or park a little further away from the door when you go to the grocery store. If you don't have the money to join a gym, no problem. Try picking up a work out buddy or join an exercise group. Try gentle exercise with the baby. Every time you lift the baby, you're lifting a weight. It's very easy to do some sit-ups or leg lifts while holding the baby. When the baby is napping, try hula hooping or jumping jacks.

Regardless of what plan you're on, it's important to set realistic goals and take time out to rest properly. When the baby is napping, mommy should take a nap. You'll have more fuel to tackle chores when you wake up refreshed and revitalized. And, remember everyone slips sometime. If you fall off the healthy eating wagon, don't beat yourself up. Just get back on as soon as possible. Be honest with yourself. If you cheat, admit it. Remember every extra spoonful adds up and pretty soon you'll be off the wagon completely. Keep working the steps, healthy eating and gentle exercise, and soon you'll be back in your skinny jeans.