



**Weight loss after**  
**Pregnancy**

# Weight loss after PREGNANCY



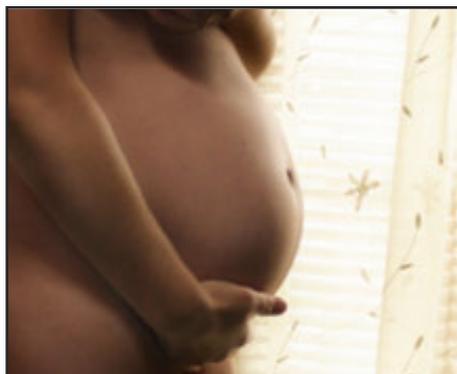
## Table of Contents

Forward .....	5
The Simple Approach .....	7
Introduction .....	7
To begin with .....	11
You and weight loss .....	15
Don't get discouraged .....	16
Be sensible .....	18
Your baby doesn't understand your desire to lose weight .....	19
What you gained – what you should lose .....	20
Talk with your doctor .....	22
What you can do about it .....	24
Learn about nutrition not diets .....	26
Exercise does help .....	27
A good diet is always a must .....	29
It's a vicious cycle .....	33
Five great ways to burn those inches .....	36
Breastfeeding .....	36
Gentle Exercise .....	37
Walking .....	38
Healthy (and sensible) eating .....	39
Lose the stress – take a nap .....	41
Dietary habits .....	42
Do's and don'ts .....	43
Don't starve yourself .....	43
Give yourself a treat .....	45
Eat small, eat frequently .....	47
Use the kitchen scales .....	49
Be honest with yourself .....	50
Keep a food journal if you can .....	51
You will have bad days, don't give up .....	53
Ten easy recipes .....	57
Stir Fried Chicken .....	57
Baked Chicken .....	58
Parmesan Chicken .....	59
Baked Fish .....	59
Quick Salmon Bake .....	60
Creamy Spinach Fettuccine .....	61
Quick Stir-Fry Couscous .....	62
Black Bean Chili .....	63

Cheesy Bean dish .....	63
Easy Pizza .....	64
A few easy exercises .....	65
A little side note .....	67
With baby .....	68
Take the stairs .....	68
Walk around a little bit – explore .....	69
At home, pace around .....	70
Easy Leg Lifts .....	70
Leg Lifts .....	71
Clenches .....	71
Squats .....	72
Crunches .....	72
Push-ups .....	73
Without baby .....	74
Swinging stretch .....	75
Do the Hula Hoop .....	76
Spinal Stretch .....	77
Pelvic push-ups .....	78
Standing push-ups .....	78
Jumping jacks .....	79
Twisting lunges .....	80
Abdominal crunches .....	81
Twisting Crunches .....	81
Backwards crunch .....	82

## Forward

Crunches, squats, push-ups. Do these words strike stress and worry into your very being? If so, you have nothing to worry about. You, like most of the population, are someone who would prefer it if your excess weight melted off you magically and instantaneously with no effort on your part, at all.



Unfortunately in the real world, life (and fat) just doesn't follow these rules. They have stringent rules of their own which requires that us lowly human beings work hard to melt off any excess fat which we might be carrying around on us.

As a new mother, this means that you not only have the task of caring for your baby, but also of caring for yourself and your figure.

If you are one of those "earth mothers" who are confident and proud with their fuller figure, then you won't worry about an excess pound or two or ten which you might have put on during the nine months when you were carrying your baby.

However, if you are not as comfortable with the pounds and inches which you have gained since becoming pregnant in the first place, then you probably want to do your utmost best to get rid of these excess pounds.

If this is the case, (and I will assume that it is so, considering that you are reading this book!), there are many paths that you can take on the road to regaining your figure. But which one you take depends on a number of factors, key of which is who you are, and your body type.

You will necessarily be able to lose weight depending on if you have the patience to take it nice and easy, or whether you have the body type for it to take it at a slightly accelerated pace, or even whether you have the monetary resources to take it at a speed of mach-ten to regain your figure.

As I said, this depends on many factors. What I discuss in this book, is mainly the ways in which you can safely and healthily lose weight after your pregnancy.

Although you can if you really want to, lose weight at an increased rate this is not something that is recommended for you. The best weight loss that you should aim for, is about 1-2 pounds per week. Anything more than that is simply not healthy.

Before we go any further I also feel that I should mention that I am not a doctor or a medical practitioner of any sort. I do however, know about losing weight, and losing it in a healthy manner.

That said, and I mention this throughout the book, the best thing that you can do for yourself before beginning any type of exercise or diet regime, is to first consult with your primary medical practitioner.

From this individual you will be able to get a better outlook on the ins and outs of losing weight. This is especially recommended for you, ladies, as your body has just gone through the somewhat traumatic efforts of having a baby.

But horror of horrors, where will you find the time to enforce an exercise or diet regime into your already full-to-brimming schedule, not to mention the energy? You barely have enough of both to get you through the day and night, how are you going to manage to lose weight into the bargain?

Very easily in fact. And in case you think that I'm making light of the entire problem, I'm not. In the beginning at least the only thing that will be required from you will be some commitment to your cause of trying to lose those excess pounds and inches.

The rest, as you will see when you read through the book, is a matter of juggling your priorities around slightly and finding the right combination of baby; yourself; family; which will work for you.

And if this seems overly simple, maybe even flippant, let me assure that it's not. Well...it's not meant to be flippant at any rate.

It is however meant to be an over-simplification of matters, but as you read on, you will see that sometimes a simple uncomplicated approach is all that is needed to make things crystal clear.

## The Simple Approach

I thought I would begin with this section, even before going on to the Introduction for the simple reason that it is the core of the book, or rather it is one of the core ideas of this book.

I aim to help you at least get a clear picture of what you need to do, and my approach to this is key to how you do this.

To that end, I think I can safely say that what you need is not a complicated look at how you need to lose weight, nor even the facts and figures of losing weight.

What you need is to take a few of those few precious quiet minutes which you have all to yourself, and put your life into the simplest of terms.

Take a minute to sort out what you need to do, and what your priorities are. With a new baby, your largest priority is going to be your baby, seconded only by your desire to get a good eight of hours of uninterrupted sleep!

There, that was easy, right? You have your two largest priorities listed down, now you need to go on and find out what your other priorities are. They will definitely change from woman to woman as each person's situation in life is uniquely their own.

Some of the things you're looking at however, probably go along the lines of cleaning the house, going to work, fixing the meals, taking care of the needs of the rest of your family, or maybe even buoying your marriage.

But what about you? Where do you come into this list? Most of the time the answer will be either, "not at all" or "at the very end". The thing is, this sort of thinking is all well and good if you have all the time in the world to do everything.

The plain fact of the matter however, is that you don't have all the time in the world to devote to everything on your list, and you will know through your own experience that something has to suffer and most of the time this will be you.

Isn't it true that some days you find it difficult to even drag yourself out of bed? And let's not forget the days when you feel the weight of everything waiting to be accomplished too much for you to bear. This is natural.

Almost every new mother will feel overwhelmed at first, until they get a handle on what they need to do, and when they need to do it. That's right, you need to prioritize.

You need to be able to distinguish between the things that you need to do *now*, and the things which can wait a few more minutes or hours or even days.

The fact of the matter is that you need to make the effort and devote some of this time to, *you*. This is the time you can devote solely (or almost solely anyway), to your needs.

Let me put it in another way: In order for you to be able to do everything else that you need to around the house, in the office, in your daily life, you need to be *able* to do these things.

The more you feel better about yourself, the more you will find that you are not only willing to get through your day, but you will also be willing and *able* to do these, not to mention on top of the world as well.

So prioritize your life, set your goals, and most of all, don't make mountains of molehills. Simplify your life, don't make it more difficult than it has to be.

Break down each problem that you come across, into smaller problems. These you will find are easier to handle than one large problem.

## Introduction

Shedding pounds from your body is never easy at any point in time, at least for most people. For some lucky people, it comes to them as naturally as breathing, and for some even luckier people, they don't even have to worry about gaining any weight.

What about the rest of the population though? Those of us who gain pounds at the drop of a hat (or rather a cheeseburger, or a slab of chocolate!), what do we do? We diet, that's what.

We starve ourselves, we go on all the latest fad diets and we eat ourselves back to misery because the minute we go off our diet, there's no way to control our food cravings.

And this is only the beginning of a vicious cycle of eating and dieting that most of us put not only our bodies through, but also our minds through.

The end result? A society of diet obsessed people who don't see any appreciable weight loss results when finally they go back to a normal lifestyle.

That was the bad news. The good news, is that you can lose weight, and keep it off successfully. If I sounded like the spokesperson for one of the latest diets, then I apologize.

That was not my intention, so don't get scared off and think that this book is just like all the diet or weight loss books you might have read, it's not,



and I think that as you read further through these pages you will find that it is indeed very different.

For one thing, this is not a normal weight loss book – it deals with weight loss after pregnancy.

If you picked up this book by accident however don't worry, there are still some interesting things to find out about diets and dieting in a healthy manner, and this should also help you to maintain your desired weight for a long time to come.

## To begin with

So you've had a baby and now you want to lose those excess pounds. You want to get rid of those wobbly pudding-like bits of your body that are new additions, and you would ideally like to do it as soon as possible.

After all, if the celebrities are losing their excess pregnancy weight, why can't you? But wait. I hear the voice of derision on the air. Well of course

they can lose weight you say scornfully, they have all the time and the money in the world to be able to do so.

Not to mention the requisite amount of people to do the ordinary things in life that just now seem to be weighing you down.

That's right. You need to get the house cleaned in some semblance of order so the dust bunnies don't hijack the house while you're sleeping, not to mention the fact that you need to look after your baby.

You need to feed her, you need to keep her amused so she doesn't begin to scream her little lungs out, and let's not forget that you also need to walk the boards at night trying to put the little darling to sleep.

Added to all of that you also need to cook (you have to eat after all, and takeout is just not an option for all three square meals!); you also need to interact with the outside world when you go out to get the



groceries, and this entails making yourself look at least marginally presentable.

Was that comprehensive enough of a list for you on the many things that fill your days and nights? But what happens when you throw in a regular nine-to-five job into the mix? When happens then? Everything goes to pot right? Wrong.

Although it seems completely contradictory it is the women who also have a regular nine-to-five who get some kind of relief from the other things they have to deal with at home.

This however, is not conducive to living a stress-free life, as things can and will pile up. The point I was trying to make here was not that working is good or bad.

Only that working mothers aren't necessarily as harried as their at-home counterparts, for the simple reason that they have time to go out and socialize with people who can for the most part string two coherent words together, and who don't blow happy bubbles when you coo at them.

They also have the chance to get away from their day-to-day worries, something that the housebound mother doesn't have if she doesn't give herself the chance. And that brings us to the crux of the matter.

Most new mothers won't give themselves any proper "me-time". They take the weight of the world on their shoulders and refuse to let go of the burden. You don't need to be housebound going outside only to get the mail and the groceries.

The first step in shedding those extra pounds is giving yourself some much needed me-time. And this brings us back full circle to what we were talking about earlier – celebrities and their ability to lose weight post pregnancy.

They have the time to give themselves necessary me-time, as well as the cash to get themselves the necessary fitness coaches, the people to clean their house and put food on the table that is not only good for their diet, but is also something that the rest of the family can eat.

Where will you find the time to do all of that and devote time to your precious new baby? You can already feel yourself becoming stressed, and you haven't even started the best part yet!

Yes, celebrities have the money to make most of their woes go away, but that's about the only real difference. Unfortunately it can be a big difference, but not an insurmountable one.

My first piece of advice to you then, is to trash all of those magazines you're reading. They are really not what you need to be reading to get your weight loss on track.

The simple truth is that you need to concentrate on what you can do to lose those pounds gained during your pregnancy, and not thinking enviously about how this celebrity managed to lose all of their pregnancy-pounds in a matter of months, or how that celebrity went and got herself a fitness trainer to help her lose those pounds.

If you have the money to do this, all well and good. Most new mothers however, don't have that luxury. They need to cook and clean, maybe even go to work, socialize with adults to keep their sanity intact and most of all, they need to tend to their new baby and look after his well being. And while the last is definitely not a chore, the other items on that list can be.

So you can bet your bottom dollar that it most definitely doesn't help to be bombarded by "success" stories of the celebrities. The bottom line is that they have their own lives, and you have yours.

So live your life and leave them to their lives. Your goal should be to lose any post pregnancy weight in as healthy a manner as possible.

So what's the first step you need to take? Trash those magazines. Get back to them later if you feel that you must, but remember that now is the time when you should concentrate on you, your new baby, and your family.

Speaking of which, if you have any close family living nearby take advantage of them. They are your family and should (most of the time anyway), be glad to help you out once in a while. They might even like it – for a few hours anyway!

Don't be proud, take all the help you can get to give yourself some me-time, and whatever you do, don't feel guilty about it.

You have absolutely nothing to feel guilty about. You love your baby, you carried him around for nine months in your body, and you

devote most of your waking (and non-waking!) hours to his wellbeing.

So there is absolutely nothing wrong with wanting to get away from it all for a little time. In fact, it is probably for the best. You'll not only come back refreshed and good-to-go, but you'll also come back with a fresh mind and a fresh eye. Take the time out wherever you can, and you will be better off for it. Trust me.

Just make sure that you keep your precious bundle with someone whom you know to be responsible – it's no use marring your prized me-time worrying about your baby-sitter!

## You and weight loss

Whether you're doing clenches, crunches, squats or push-ups, whether you're breastfeeding or bottle feeding, or whether you're walking the boards at night trying to get your new bundle of joy to sleep for even ten minutes.

Whether you're out every morning walking the block in an effort to entertain yourself and your baby, or whether you are curled up in your grandmother's

rocking chair trying to get some sleep, you will without a doubt be losing some of the weight you put on during those nine months previous to having your baby.

Or in other words, you will be losing some of the weight you put on during the nine months which you took to be your license to eat anything and everything you wanted to, because you were naturally enough, "eating for two".

The only problem is that you aren't losing weight fast enough to suit you, or maybe, despite everything, you're not losing weight at all. This can be a definite problem, especially if you never had to count calories, or watch the food you ate before this.

The problem here is not the fact that you aren't getting enough a workout going about your daily business, but the fact that the workout you're getting has not been taken advantage of.

You're already burning more calories than you realize by just doing the normal work that you need to. Things like pacing up and down



with a baby in your arms, is no small amount of exercise when you stop and think about it.

And don't forget breastfeeding your baby. If you are doing this, then you will most definitely be burning a few extra calories. What happened then to stop you from losing any weight, (because you know that your old jeans are still too snug to wear out in public!).

As I said, the problem stems not from the fact that you're not getting enough exercise, but more than likely from the fact that you are not taking advantage of all these calorie burning workouts you're getting.

Of course, there are other factors which you need to take into account, such as whether you're getting the right foods into you at the right time, not to mention the fact that your body structure also comes into play here.

If you are one of those people who does not easily lose weight despite all the correct steps you take to do so, you might find that you have a little longer to wait to see those pounds come off than other new moms who shed their pounds faster.

However, there's nothing to despair over as you can be assured of losing those pounds and inches, it's just a matter of time, and effort. You can also consult with a physician to see what course is best suited for you.

In fact, all you new mothers out there looking to lose weight after the birth of your child, should first consult your physician. You will find that this individual is remarkably well equipped to give you the knowledge that you want in the matter of losing weight.

Once you have consulted with your physician, you will then find that you are able to get a better handle on your life, and what you can do to deal not only with the excess weight you seem to have accumulated, but also how to deal with losing those pounds while still giving the most possible attention to your new baby.

## Don't get discouraged

First off, I would like to start this out by saying: Don't get discouraged. It took you time to gain the weight in the first place, so don't be surprised when it takes you time to lose the weight as well.

Like I said earlier, it doesn't matter what the latest celebrity mothers are doing, or how fast they are losing their post baby weight. The best thing that you can do now would be to concentrate on yourself, and not on anyone else.

So the first thing is for you not to become discouraged when the weight doesn't come off within the first few days of your deciding to lose weight, miracles do happen, just not those related to instant weight loss!

The best thing that you can do before beginning your diet is to get yourself resigned to the fact that your excess weight will take time to come off.

Once you have come to terms with this, and with the fact that the hard work you need to do along with the time you need and the excess weight you're carrying, is not going to melt away magically like it does in all those heartwarming movies, you will have a good basis to begin your weight loss regime.

The first thing that you need to do after that, is to brave the big bad scales and weigh yourself. Once you have done this, you should also then take out a measuring tape and measure the relevant places such as your waist, hips, arms, bust etc.

This will provide you with a double advantage on those days when you find the scale to be stuck on one annoying number.

This way, instead of becoming discouraged at the lack of any progress on your part, you can instead measure your waist, hips, arms etc., because sometimes although the scales won't show any difference, the measuring tape will show you some heartening evidence of progress.

And, I've mentioned this throughout the book, but here it is to begin with. If you have a bad day and you go on a binge, or you just fall off the weight loss wagon for an entire week or maybe even for an hour, don't stress yourself about it.

Everybody has their bad days, and you're definitely entitled to your own bad days. Take it in stride and go on with the way you were, get back on that weight loss wagon, don't let it leave without you!

## Be sensible

You need to be sensible about losing the weight you have gained during those nine months. Remember that it took time for you to put on the weight, so it will naturally enough take time to lose it.

Like I said, it's best not to expect miracles and become discouraged from the very beginning. Be sensible when choosing a weight loss regime for yourself.

Take into account various factors such as,

- Your baby's needs – Baby's needs will always come first as it should be, and if you have more than one child, you can be assured that you will become adept at doing a juggling act.

And these will almost always come first before any weight loss ideas that you might have.

- Your needs – Although the entire weight loss thing might be going along with what you ultimately need, there's more to your life than just losing weight.

There are other commitments and constraints on your time that you also need to factor in when you are looking at a suitable weight loss plan.

- The time you have on your hands – Be realistic about it. Sure there's the amount of time that you would *like* to devote to your weight loss regime, and then there's the actual time you will have on your hands on a daily basis.

- Let's not forget the amount of commitment and effort you're willing to put into it – If you know yourself to be a straggler and a procrastinator, then you should also assume that there will be days when these tendencies will get the best of you.

Therefore you also need to take into account these tendencies and make allowances for these.

Download the remainder of this book for \$11.99.

[Download here!](#)

[Read more on pregnancy weight loss](#)