



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.