

5 SIMPLE STEPS



TO EFFECTIVE POST-PREGNANCY
WEIGHT LOSS
WITHOUT STRICT DIETS
OR SPENDING HOURS IN GYM

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We claim no responsibility for any injuries you might sustain. Exercises include tutorials and detailed descriptions to give you the information you need to be able to perform the exercise with proper form. However, it is your responsibility to warm up properly, determine the weight you will use, perform each movement correctly, and ultimately to decide whether or not you are capable of performing the exercise/workout without sustaining injury.

Welcome

The purpose of this short report is to help you deal with the extra post pregnancy weight in the most women friendly and healthy way. But why you would listen to me? Well, first off all I am a mother of three children. I went through five pregnancies, gained weight and shed it off to pre pregnancy me each time. Also I'm a physiotherapist with masters degree, UK accredited personal trainer and fitness instructor with 14 years experience and I have a special interest in pre and postnatal weight loss and fitness.

I want to give you the knowledge for a healthy post pregnancy weight loss and fitness. It will only take you 10 or 15 minutes to get through this report to learn how to kick start the process.

Becoming a mom is one of women's biggest dreams. 9 months of pregnancy and our beautiful baby is with us and we proudly present them to the world. We are happy, full of love, no problems, no worries, idyllic life... almost.

Here is something nobody will tell you. 99.9% of women from the moment they become pregnant start small pregnancy weight gain obsession. Let's be honest nobody wants to look huge after the pregnancy. Wanting and actually achieving your goal are two different things. Most likely we will end up with extra few pound of post pregnancy weight and it is usually more with each consecutive one.

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1. Why have you gained weight?



First lets have a look what contributes to the extra weight during the pregnancy.

Obviously you have to count your baby weight (7.3lbs+), amniotic fluid (up to 2lbs), placenta (1.8 lbs) and extra tissue in your breasts needed to produce milk for the little one . It should be just that. All the extras ponds on the top of that is your extra pregnancy weight that you probably will want to lose somehow.

It's actually not as bad as you think. That number you see on scale right after your precious baby is born will go down during the next few weeks.

A lot of weight right after labor is:

- Water your body accumulated during last few weeks of pregnancy (2.6lbs)
- Extra blood still circulating in your system (2.6lbs)
- Thicker uterus muscles that grows during pregnancy (2lbs)
- Breast weight (0.9lbs+)
- Fat stored for energy and breastfeeding (8.8lbs)

Anything on the top of it is fat that your body accumulated as a reserve for an emergency.

2. When can you start?



Your body will start reducing pregnancy weight straight after labor and within few weeks you will be much lighter and slimmer.

Let's make one thing clear...you should not go on diet while breast feeding!

Your body uses about 20 calories to make one ounce of breast milk! That means you could be burning between 500 to 1000 calories by simply feeding your little one. What is even better half the calories come from body fat stored during pregnancy and the remaining calories come from your food. In the first 4-6 weeks after giving birth you should focus on caring for your newborn eating to meet your appetite and choosing a variety of foods.

As to the exercises you can start some from day one. Please make sure your doctor and midwife gives you green light to start first post pregnancy activities before you do anything. I am not talking here about vigorous exercises and fitness classes. You will have to wait with those for at least 6 weeks and still get doctors approval.

There is plenty you can do though from day one.

If you had physiological (vaginal) delivery you can start immediately, especially if you have been active during pregnancy and before pregnancy. If there were no complications you can start whenever you feel strong enough to do that. Remember, that you don't have to rush anything as there is plenty of time to achieve your goal.

After C-section you need to wait at least 6 weeks for your wounds to heal. Also you will be really tired so some this extra rest and recovery time is good here.

Pelvic floor exercises. I would recommended you to perform these exercises from day one if possible to strengthen muscles that weakened and stretched during labor and pregnancy. Your bladder will benefit from it too. Again make sure you got your doctor approval and you had smooth and uncomplicated delivery.

Pelvic floor exercises to strengthen muscles and protect bladder.

As early as day one you can walk first around the house looking after your baby (it's a brilliant starting point) and then for pleasure during daily walks outside. These will be gentle and slow walks which later can easily be changed to more challenging options like faster walking, longer distance walking, interval walking, mixing walking speeds and toning exercises. Don't rush into next stage and give yourself time to get stronger first.

Don't exercise right after C-section. It is a surgical procedure and your body needs fully recover before you do anything. Performing any kind of exercises at this stage after c-section may be dangerous and prolong your recovery time. Wait minimum 6 weeks and get your doctor approval after that time at you check-up appointment.

When you have problems with your bladder and leaking during coughing, sneezing or during lifting, please start with pelvic floor exercises. Do not perform anything else until you have better bladder control.

No swimming. Maybe nobody told you this but you will bleed for several days after the delivery. It is normal as your wounds are healing. Because of that you should avoid going into any pools to prevent infections. Wait until you heal properly.

No abs exercises yet
No high intensity exercises
No running at first few months
No heavy lifting

Wait with all the above until your pelvis floor muscles are perfectly fine and wounds healed.

3. Mindset



Mindset along with exercises and good meals plan are the three vital elements of your weight loss success. Neglecting just one of these will jeopardize your efforts and will lead to frustration.

Talking about the mindset what is your first thing that comes to mind when you start thinking about your weight loss or getting fit? Is it this bleh feeling that comes from a thought of the huge effort you will have to go through?

If yes, that is understandable. You have probably tried to lose weight before your pregnancy and the outcome was not what you expected or the whole effort backfired with a yo-yo effect.

The most common reasons you might feel like this is mentioned failed attempts. However you are reading this report which means you still want and are ready to move forward so don't let the negative past experience affect your future.

Don't think you have to follow meal or fitness plans precisely and rigidly. Follow 80/20 rule where the 80% of your efforts will get the results you are after. You will be more relaxed and not obsessed with prescribed plan.

Don't self-sacrifice your time for others. I know it is hard when you have a very demanding new little person in your life but you will discover that focusing on yourself following daily exercises routine and proper nutrition will actually help you get through a day with a feeling of achievement. You will be less stressed and have more energy.

Don't think that when starting a new meal plan you have to sacrifice your favorite foods. You will get better results eating with moderation and when including foods you love in the plan.

It has been proven time and time again that enthusiasm and positive attitude towards any goal is one of the most important factors which lead succeeding.

Take a picture!

To enforce your progress take a picture of yourself as a point of reference for the future progress. I know it is probably the last thing you want to do at the moment but trust me; it will motivate you in the weeks to come when you compare your look with the starting point picture.

4. Post Pregnancy Nutrition



First of all: no diets at the beginning, especially during breastfeeding. No worries you can still lose weight during breastfeeding but just the smart way. The benefit of early period after the delivery is that you are home with your baby so planning meals and preparing them is relatively easy. Take advantage of that and plan your meals for the whole day.

Plan for 3 main meals and 2 to 3 snacks per day.

Also make sure most or all of your meals include vegetables. They are much more important than fruits and including them in every meal will help you lose weight faster.

Don't panic. Preparing healthy food even with a new-born can be easy. Here are few tips:

- Cook for at least two days or even more and freeze some of it. You can reach to your freezer on those days when everything is going the wrong way and you are desperate for quick meal. It will save you from fast foods or snacking.
- Alternatively keep canned food as they are easy to prepare just in case you need to cook faster than usual.
- Frozen vegetables are brilliant too.
- Snack on raw vegetables as much as you wish - carrots, tomatoes, cucumbers, celery etc.
- Try to include fish at least once a week in your menu.
- If someone offers to cook for you, accept their help.
- Drink lots of water.

5. Post Pregnancy Exercises



Walking

First walk around the house looking after your baby. Then gradually move outside and take your little one for daily walks. Start from 15 minutes and slowly but surely build it up to 30-40 minutes per day. With time have fun mixing walking speeds. Walk few minutes slow, then go medium pace and for a moment fast. Walk slower and then fast again.

With time as you get stronger mix your daily walks with some stroller exercises: squatting, lunging and arms exercises.

When you are ready, go for a walk or run alone (even 20-30 minutes would do) and do run/walk intervals with strength and toning exercises mixed into it.

Build activity into your day

Take stairs instead of lifts, walk instead of driving, go to local shop, walk your older kids to school (even on rainy days) or dance around the house. You can go even further and perform simple exercises during cooking or cleaning.

Swimming

Wait with that until your wounds are healed from the labor.

Pelvic floor exercises

As I mentioned before you can perform them as early as the first day after having baby. They will not only strengthen your bladder muscles but also help you recover faster.

Home based exercises

If your labor was without any complications and you are fine (and your midwife or doctor told you its ok), you may start home base exercises. From week 2 and onward you can add exercises such as body weight exercises and low impact options.

From week 6 you may add weight exercises and more impact into your routines

Fitness classes

Probably you should wait until the 6th week postnatal check-up before you head to a fitness studio. Start steady: cycling classes, yoga, stretching and low impact.

It does not have to take long

You don't need to spend hours every day to exercise. Start simple with only 5 minutes. Slowly build it up to 15, 20, 30 minutes a day. It's all about mixing right exercises together. Plan. In your 30 minute exercise slot mix running, high intensity exercises and toning exercises.

From week 6 weight exercises are usually safe to perform. Start with light weights and steadily build your strength. These exercises are essential for you getting fitter and for weight loss. During weight exercises you are building your muscle mass and muscles are magic tool in weight loss process. With more muscle mass the whole process is much faster. You will burn fat into muscles. Don't worry, you won't look like a muscular man by doing moderate amount of weight exercises.

With proper cardio based exercises wait slightly longer than the 6th week or and get your doctor approval to start.

Focusing only on cardio based classes will not give you the body you desire. Have you ever seen marathon runner? They are skinny, but skinny with no curves, shape. Indeed they are slim, but too slim. I'm not saying cardio is useless. Any exercise is better than nothing but with cardio try to mix it with toning exercises and strength exercises for better result.

Consider doing more weights than cardio as strength training is more effective in melting fat.

During weight lifting you can burn up to 10 calories per minute, while during cardio up to 12 calories per minute, but...

- Your body will respond with “Wow, what is that workout” to weight training while during cardio it is just comfortable
- It takes you longer to recover from strength training which equals more burned calories
- By the end of your day you are still burning even though your weight training finished hours ago
- Your metabolism stays elevated for up to 3 days after strength training as it is still repairing muscles micro trauma, tiny post training damages and increases the density of muscle tissue. To do that your body uses energy burning fat. That might sound scary but that is just physiology. Micro damages to your muscles occur daily.
- Based on the point above regular weight exercises increase base metabolic rate which in turn burn more calories resulting in almost passive weight loss.

There is another reason why you should stay away from cardio for a little longer. Your ligaments are still stretched and soft from hormones released during pregnancy. It means they are not supporting your body parts enough and during impact there is a lot of stress happening to your hips, knees, ankles and pelvis which might result in sprains.

Jumping has negative impact on pelvic floor too. It is still weakened after pregnancy and during running you are creating more stress around your pelvis. It may result in longer recovery, injuries or urine incontinence.

There is more. After baby we want to lose fat. During running you are not creating enough power to turn your body into fat burning machine.

Conclusion

So here you have the 5 steps to lose post pregnancy weight loss without starving yourself or spending hours on a gym running like a hamster on a treadmill.

It does not have to be hard, it does not have to be complicated and it does not have to be stressful. All you need is to start, stick to your plan most of the time and enjoy being a mom!

For more tips and guides visit [Moms' Fitness Heaven](#) blog.