

Postpartum Weight Loss



Now that you've had your baby, you probably want to get your body back. Pregnancy often results in some permanent changes though. You might have a softer belly, wider hips, and a larger waistline. Also, the weight won't come off overnight. You will need to be patient and realistic.

While you might be in a rush to lose your baby weight, it is important that you take everything slowly. Don't start dieting too soon. You should wait until your 6 week postpartum check-up before you start. Your body needs time to recover after 9 months of being pregnant! If you are breastfeeding, you should wait until your baby is at least 2 months old before trying to lose weight. Take your time when you are losing weight. Losing 1.5 pounds a week is safe. Losing weight too quickly can release toxins that can get into the milk supply for your baby.

There is no magic pill for weight loss. **If you are active and have a healthy diet, the weight will come off naturally.** For exercise, start slowly and build up. Short, easy walks are a good place to start. Be careful of your abs, most women end up with a gap in their muscles after pregnancy. Avoid doing sit-ups until the gap gets smaller.

Eating healthy food will help you lose weight and give you the energy you will need to take care of your newborn! Start your day off with a nutritious breakfast and have 5 or 6 small meals a day to help keep your energy levels up. Light snacks in between will help too. Don't skip meals. Not only will that make you tired and cranky, it will not help you lose weight. Eat slowly, as this will make it easier for you to notice when you feel full. Your diet should include dairy products, fruits and veggies, and foods that are high in fiber. It should not include foods that are high in fat or sugar. Staying hydrated is also important. Drink 8-10 glasses of fluids a day. Water and low-fat milk are your best options! Avoid sugary drinks like soda.

Questions?

Write them down on the postcard attached and send it in the mail. We'll answer them at the next prenatal class. Hope to see you there!