



**Julie's 7 Essential Tips  
For  
Weight Loss and Looking Fantastic  
After Pregnancy**

**Plus**

**Special Bonus Section**

[www.mumscanloseweight.com](http://www.mumscanloseweight.com)

This report is provided to any mum who wants to look great and lose excess baby weight. To get your own free copy visit [www.mumscanloseweight.com](http://www.mumscanloseweight.com).

## INTRODUCTION

In this report, I look at the issues facing all mums who want to look great and lose their baby weight. I explain reasons why certain things occur post pregnancy and provide my essential tips on how to lose excess pregnancy weight while looking and feeling fantastic. I provide to YOU all the tips I and lots of other mums have used to lose pregnancy weight, together with the reasons why they work.

By making informed decisions concerning your eating and exercise routine, in addition to healthy lifestyle choices, **YOU will look great and lose your baby weight.**

**If you follow my tips and advice all the way through I guarantee you will lose your baby weight and look fantastic.**

The report provides practical, no nonsense advice to get you looking great and losing weight in no time at all. All the advice given relies on natural techniques without the use of pills and potions or anything unnatural at all. By following the advice given you will look great, lose weight **and most importantly keep it off.**

As you read through this report, remember it is not a medical reference book. Every woman is unique and I urge you to seek the advice of your physician if you believe any of the information contained in this report does not pertain to you.

To get you started as quickly as possible I have highlighted the tips at the end of each section. These can be scanned in a matter of minutes and you can start looking great and losing weight virtually immediately. However, if you do this, do not forget to take a few moments and read the rest of the guide as it provides a vital insight as to why my tips work.

As a special bonus and to ensure your weight loss success even more, I have included a Bonus Section of information, further guidance, exercise examples, motivational tips and advice to support your weight loss journey.

Wishing you nothing but the best as you start your journey of losing your excess pregnancy weight and looking fantastic.

***Julie Jameson***

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## ESSENTIAL TIP 1 - EATING HABITS

This first tip I'm going to share with you is going to get you off to a flying start because it's actually three tips in one. The first tip I want to look at is not what you eat but the way that you eat it.



### EAT WHEN YOU ARE HUNGRY

We are all programmed to eat at certain times of the day; breakfast, eleven o'clock, lunch, afternoon tea, dinner, supper, etc. Add on top of this, snacks which we fill in between and you realise that we are constantly eating throughout the day. Next time one of these specific times comes along, ask yourself seriously, are you actually hungry or are you eating just because your inner programme is telling you to?

When you have had a baby your daily routine will be severely disrupted and you will not be able to follow what is considered a normal pattern of eating. Why not take advantage of this and stop following your inner programme of eating at specific times.

No one is telling you to eat at these times but it has become ingrained within and you eat when your inner programme tells you you're supposed to.

It is a much healthier and makes much more sense if we actually eat when we are hungry. We have an in built early warning system that tells us that our bodies require food. So stop eating at times when you think you should be and start listening to your body so that you only eat when you are hungry.

Now this is not the same as skipping meals, you need to start tuning into your early warning system and eat sensible portions of nutritious food when your body requires and asks for it. If you stop meals all together and severely limit your caloric intake you actually slow down your metabolism, which is opposite to what you want and counterproductive to weight loss.

### LEAVE SOME FOOD ON YOUR PLATE

We are also programmed and conditioned, as far as food is concerned, in believing that if we do not eat everything on the plate then it is a waste. It is actually a waste as soon as too much food is prepared. If you, or someone else, prepare a meal try and leave a small amount on your plate. This will have an enormous psychological effect and start getting you out of the programmed habit that unless you clear your plate it is a waste. Let's face it; if you clear your plate and you didn't need all the food, then some of it is actually going to end up around your waist.

## **EAT SLOWLY**

Mums often make the mistake of eating too quickly so try and slow down when you eat. The perfect situation is that you eat until you are full and then you stop. It actually takes 20 minutes for the signal from our body or stomach which says “we’re full” to get to the brain. So if you eat quickly you are way past the point of being full by the time your brain realises it. Not good if you are looking to lose weight.

Try and half your eating speed and put down your knife and fork between mouthfuls. This will slow down your eating to a point where you will notice when you’re full and can stop eating when you’ve just had enough.

You might try turning off the TV, computer or whatever else might distract you so you actually notice when you’re full. As an added bonus you will actually enjoy your food much more as well.

### **Tip 1**

- **Eat when you are hungry;**
- **Leave some food on your plate;**
- **Half your eating speed.**

## ESSENTIAL TIP 2 - WATER

Water is essential to sustain life and its importance should not be underestimated. Consuming enough water has numerous health benefits and one among many is its role in weight loss. Water flushes toxins from the body and if it is lacking in water, your kidneys will not function at their full potential. Therefore, your liver would have to assist in ridding your body of additional toxins instead of concentrating solely on burning fat. Additionally, if you are dehydrated, you are more likely to suffer from ailments such as fatigue, headaches, back pain, and muscle spasms.



It is not uncommon to become confused regarding what your body wants or requires. For example, you may think that you are hungry, when you are actually thirsty. Drinking water would allow you to quench your thirst without consuming unnecessary calories. Water is also important for beautiful skin. It keeps the skin well hydrated giving it a plump, radiant, and wrinkle-free appearance. Water creates a beautiful you both inside and out.

In the same way chips don't count toward your daily 5 portions of fruit and vegetables, alcohol, tea and coffee don't count towards your daily water intake. Alcohol, tea and coffee all dehydrate your body and should only be taken in moderation. If you're breast feeding you shouldn't be drinking alcohol anyway but if you do make sure it's only occasionally. You should remember, whether breast feeding or not, that all alcohols are high in calories and have other obvious detrimental effects on your health.

If you are having a drink of tea, coffee or alcohol, have a glass of water with it.

You should aim to drink at least eight 8-ounce glasses of water per day and having a glass of water before meals tends to suppress your appetite. I encourage you to drink lots and lots of water as this is the simplest and quickest ways to increase your energy levels as well as your concentration and general well being.

### Tip 2

- **Drink at least 8-8 oz glasses of water per day;**
- **Drink a large glass of water before meals;**
- **Drink water with your tea, coffee and alcohol.**

### **ESSENTIAL TIP 3 – HEALTHY EATING**

What you eat on a regular basis is extremely important when losing weight.

Many diets and weight loss products have you either severely restricting a certain food group or they have you taking pills, potions or shakes. These diet products may allow you to lose weight whilst you are following the product's plan but as soon as you stop and go back to what you would normally eat you put all the weight back on.



The other problem with these products is that they can be extremely unhealthy. They do not provide the correct balance of nutrients and vitamins, essential to your healthy wellbeing, particularly as a new mum.

I advise you avoid any fad diet that severely restricts certain food groups or any pills, potions or shakes and realize that you must eat healthily.

Eating healthy should be a lifelong commitment. Avoid foods that have little or no nutritional value such as chips, snack cakes, sweets, candy, and fast food. This doesn't mean you can't occasionally indulge, just make sure you don't indulge too frequently! Remember the old adage to take all things in moderation.

To successfully shed your unwanted pregnancy pounds, you need to get back to basics.

You should accept the birth of your baby offers a unique opportunity to change unhealthy eating habits. You have a few extra pounds that you are determined to lose. Persistence combined with the tips and advice given in this guide will help you lose your excess baby weight in no time at all.

As a busy mum, an eating plan that is easy to implement is a must. It is no good waking up in the morning and not having any idea what you have in your home to eat. A little bit of planning and thought before hand is essential.

When planning meals; select foods from the five main food groups (see below), that can turn into quick meals, requiring minimal preparation time.

By planning healthy meals and shopping smart, you set yourself up to successfully lose weight without sacrificing time with your family.

## **NUTRITIOUS FOOD PLAN**

It is essential that a well-balanced, nutritious food plan is developed to encourage weight loss after pregnancy. Make food choices from the five main food groups to ensure you receive the recommended daily allowance of important vitamins and minerals. These tips will help:

### **1. FRUIT AND VEGETABLES**

It is well known that five daily servings of fruit and or vegetables are essential for a well balanced diet. Fruits are an excellent, nutritious alternative to calorie-laden snacks like cakes, cookies, chocolate, candy bars, and sweet fizzy drinks. In most countries, there is a ready supply of different fruits and vegetables. This affords you numerous options to ensure you consume the nutrients you and your baby require.

### **2. LOW-FAT PROTEIN**

When attempting to lose weight, low-fat protein is vital as it affects metabolic rate and sustains muscle. In addition, protein has been shown to improve immunity, imperative for any new busy mum. Wonderful sources of low fat protein includes skinless poultry, salmon, white fish, canned light tuna, prawns, whole eggs, egg whites, lean meat ham, and low fat cheese.

### **3. WHOLE GRAIN PRODUCTS**

Try to select whole grain products. They reduce the risk of coronary disease and also help with weight management. There are a wide variety of foods from which to choose from that include: whole grain breads, brown rice, pasta, whole-wheat crackers, tortillas, barley, oats, and wheat.

### **4. LOW-FAT MILK**

You need two to three servings of low-fat or nonfat milk, cheese or yogurt daily. Dairy, with its important nutrients of calcium and Vitamin D, supports bone health and helps to lower blood pressure. You should include dairy into your eating plan for proper health and weight loss.

### **5. HEALTHY FATS**

You need some fat in your diet for many reasons. Fat helps to build healthy cells, provides energy, supports healthy skin, and provides a protective cushion for your internal organs. A few sources of healthy fat includes: avocado, olive oil, walnuts, pecans, pistachios, almonds, and sunflower oil.

## **BE PREPARED**

A well-stocked pantry, refrigerator, and freezer are essential to weight loss success. Think about having some of the following foods at hand to act as the basis of your eating plan:

Fresh fruits, fresh vegetables poultry and fish, fresh salad, low fat deli meats, skim milk, healthy oils such as canola, olive, or sunflower, whole grain breads, brown rice, yogurt, low fat cheese, dried fruits and, canned fruits and vegetables

### **USE YOUR FREEZER TO SAVE TIME**

Your freezer can also be used to store more convenient healthy foods for emergencies and pre-prepared foods to save time later. These include lean meat, poultry, fish and vegetables.

It is also good if you can find a few spare moments to prepare and then freeze some fresh vegetables, bell peppers, onions etc. It makes preparation of a nutritious meal so much quicker later on in the week.

### **PREPARED PRODUCE**

Another great staple for busy mums who are trying to lose weight is fresh and prepared produce. With prepared produce on hand, you can create a simple yet delicious stir-fry, salad, or afternoon snack. In most countries prepared fruit and vegetables are readily available in many supermarkets and even corner shops. You will save time by having someone else do the washing and chopping!

### **Tip 3**

- **Avoid fad diets, pills and potions;**
- **Eat healthy foods selected from the 5 main food groups;**
- **Be prepared and think ahead;**
- **Use a simple eating plan.**

## **ESSENTIAL TIP 4      EXERCISE AFTER PREGNANCY**

Exercise is always an emotive subject and yes you will lose weight without doing any but by carrying out some simple, easy exercises you will make your weight loss journey so much quicker.

I'm sure as a new mum you will want to get fit as soon as possible after delivery. Once your physician has stated it is safe, there are specific exercises that will help to shape and tone your body.



Exercise is beneficial to everyone and especially for new mums. As you start to exercise, your body releases natural chemicals called endorphins that give you a feel good and uplifting emotion. The endorphins increase your energy levels resulting in you looking and feeling good almost immediately.

In addition to helping you get in shape, exercise helps to reduce the risk of postpartum depression and generally helps you feel good about yourself as you adapt to your role as a new mother.

If you had a Caesarean section, your recovery time will be longer since this is considered major surgery. As soon as you are ready, walking and pelvic exercises will help muscles recover from the operation. Remember to listen to your body. You may become fatigued at first, so take things slowly.

Even after an uncomplicated birth, it is essential to start out exercising slowly. Most physicians recommend you take it very easy at first and wait until after your 6-week check-up before starting more strenuous exercise. Your abdominal muscles underwent dramatic changes during your pregnancy as the muscles were split down the middle.

It is important to ensure your stomach muscles are properly healed before starting an exercise program. Weak stomach muscles can also affect other aspects of your health. Poor posture is the result of weak stomach muscles and can cause strain to the lower back, joint pain, and inflammation.

Here's how to check if you are ready for exercise.

### **ARE YOU READY FOR EXERCISE?**

While lying on your back, place your hands behind your neck and slowly lift your head towards the ceiling. Try and hold the position and place a finger just above your belly button pressing down gently. You will feel a gap, (the distance between the muscles) and you need to assess how wide it is. If the gap is one finger wide or none at all, then

you should be okay to start exercising. If the gap is two or more fingers wide, then you need to be careful.

### **FIRST SIX WEEKS**

Most mums will be able to start walking and performing gentle exercises soon after delivery. For the first six weeks, do what you can. Start with 10 to 15 minutes per day; slowly increasing this time as your strength and endurance builds. On a beautiful day, put your baby in the stroller and walk around the neighborhood or a park. Even carrying your baby in a sling while you run errands will burn calories and increase bonding time. Exercises to consider during the first 6 weeks include pelvic floor, lower tummy muscle, and pelvic tilt exercises. Instructions for these exercises are given at the back of this report.

After birth, swimming is ideal as it is a gentle, low impact exercise. However, you should wait until you have had a minimum of 7 days without bleeding or discharge. If you had a Caesarean or stitches, it is advisable to wait until after your 6-week check-up.

### **AFTER SIX WEEKS**

After your 6-week check-up, your body should be recovering well enough to begin slightly more strenuous activities to regain your pre-pregnancy figure. Yoga, Pilates, and swimming are excellent exercises after pregnancy and if possible, sign up for a class in your area.

However, it isn't necessary to take a class since there are a number of exercises you can do in your own home. Some of these exercises are included at the back of this guide.

### **OTHER CONSIDERATIONS**

If your exercises are restricted to those you do around the home it should be noted that abdominal exercises will strengthen and tone muscle, but only aerobic exercise will help you lose those additional baby pounds by burning fat. In addition, muscular fitness and flexibility are also important for overall good health.

You should consider the following:

- **AEROBIC FITNESS**

Also known as endurance activity or cardio, you should incorporate these exercises into your day to boost weight loss. Aerobic exercise makes you breathe faster and deeper. This increases the amount of oxygen in your blood, which improves the efficiency of your heart, lungs, and blood vessels. Performing cardio exercises will also make it easier for you to perform physical tasks such as climbing stairs, walking or chasing after an active two year old. It is recommended that you perform 2 ½ hours of moderate aerobic exercise spread throughout the week for maximum results. This seems like a lot but if you have a brisk 20min walk every day you're almost there!

- **MUSCULAR FITNESS**

Most women fall into the trap of doing the cardio, but skipping strength training. Don't, as your goal is to lose your unwanted baby weight. Muscular fitness performed twice per week increases bone strength and helps maintain lean muscle mass. Also, you don't need to go to the gym since you can use hand-held weights or other objects from around the house.

Strength training also boosts metabolism, which will help you lose your excess baby weight.

- **STRETCHING**

It is important to stretch your muscles because it helps improve range of motion while promoting better posture. Additionally, stretching is a great way to relieve stress. The best time to stretch is after you exercise since your muscles are warm. After exercising, stretch the muscles that you worked. If you are not exercising regularly, it is still beneficial to stretch three times a week to maintain flexibility.

#### **Tip 4**

- **Caesarean births – avoid exercise for the first 6 weeks;**
- **First 6 weeks; walking, swimming and gentle exercise;**
- **After 6 weeks; 20 min walk / day, some aerobic exercise, gentle muscular exercise 2 x / week, stretching 3 x / week.**

## ESSENTIAL TIP 5 SLEEP

### SLEEP

Sleep is one area you should not shortchange yourself. Whenever possible after your baby is born, enlist your significant other or family member to help with late night feeding so you can get a good night's rest.



If you are breastfeeding then you will have to express milk so that others can help out but this is well worth it in the long run.

If your baby gets into a routine where he/she is sleeping during a certain time of the day, say early evening, make sure you join him / her and be flexible as to when you sleep. Frankly stated, lack of sleep can be detrimental to your health. I know this is difficult as there are so many things to fit into your busy day and getting a good night's sleep is the last thing you want to worry about. Sleep is very important though and you should really try and get as much sleep as you can

In addition to the psychological drain that lack of sleep causes; it can also affect the rate in which you lose weight after pregnancy.

In a study of 940 new mums, researchers concluded that those sleeping five hours or less a night were at a higher risk of retaining baby weight. The sleep-deprived mums were three times as likely to retain 11 or more pounds of their pregnancy weight.

In contrast, new mums that received at least seven hours of sleep each night made headway in their weight loss efforts. These mums were successful in returning within a pound or two of their pre-pregnancy weight.

Researchers are beginning to see a definite correlation between the amount of sleep an individual receives and obesity.

It appears that when a person is sleep deprived, their body releases hormones that tend to increase weight.

### Tip 5

- **Get as much sleep as you can;**
- **Enlist help if your baby is unsettled;**
- **Sleep when your baby sleeps.**

## **ESSENTIAL TIP 6      BREAST FEEDING AND WEIGHT LOSS**

The benefits of breastfeeding are numerous. Breast milk not only provides your little one with all of the vitamins and minerals her growing body needs, but it also contains antibodies that help fight disease. It is considered the perfect food for your baby and is more easily digested than formula.



In addition, it also helps reduce the risk that your baby will develop asthma or allergies.

Breastfeeding has also been associated with higher IQ scores in later childhood.

In addition to being the perfect food for your baby, breastfeeding also helps you with your weight loss after pregnancy. By breastfeeding, you burn an additional 500 calories per day. This equals to an extra one pound a week. OK this is not a lot but remember this is on top of the weight you will be losing anyway. Breastfeeding also releases the hormone called oxytocin into your body that causes your uterus to contract. This assists the uterus in returning to its pre-pregnancy size sooner.

Breastfeeding also saves time and money. By foregoing formula, you not only save money, but time as you will not need to shop for or prepare formula and bottles.

### **Tip 6**

- **Simply breastfeed for its many benefits and weight loss boost.**

## **ESSENTIAL TIP 7      KEEP OFF THE SCALES**

### **KEEP OFF THE SCALES**

Mums often make the mistake of weighing themselves too frequently. As you begin your weight loss journey you need to ask the question; “how will I measure success”? Yes I know this is all about weight loss so the easy answer is that if you jump on the scales and you have lost weight you must have been successful. But that is exactly the problem.



You see when you are losing weight things are a bit up and down; you might lose a couple of pounds in a few days but then you might put on a few pounds the day after. If you keep jumping on the scales and you don't see the pounds coming off it can de-motivate you and that's what you need to avoid.

You need to weigh yourself at the beginning of your journey but then wait until you notice some other sign that you are beginning to slim down such as your waist band is looser or someone notices how great you are looking. Once this happens weigh yourself once a week only and don't be tempted to “see how you're doing” in between times. See my tips on motivation once you have got going.

### **Tip 7**

- **Weigh yourself at the beginning;**
- **Wait until you see other signs of weight loss before you get back on the scales;**
- **Then weigh yourself only once / week.**

## IN CONCLUSION

You now have my 7 Essential Tips to get you losing your baby weight and start looking fantastic.

If you have quickly skipped through the tips themselves, that's fine, but don't forget to go back and read the reasons why the tips work.

Also, don't forget to read the additional information and advice in the Bonus Section following this page to understand why it is so important you lose your pregnancy weight and for extra help and support on your weight loss journey.

My aim was to provide answers to some of the questions new mums have on, how best to lose pregnancy weight and post pregnancy fitness by revealing my essential tips that I and lots of other mums have used to get rid of baby weight and look great.

This is not the last you will hear from me as I am constantly looking and researching all sorts of things on weight loss which I'm sure you will want to know about.

So over the next few days and weeks look out for these in your inbox.

Until then.....

.....here's to the new slim you.



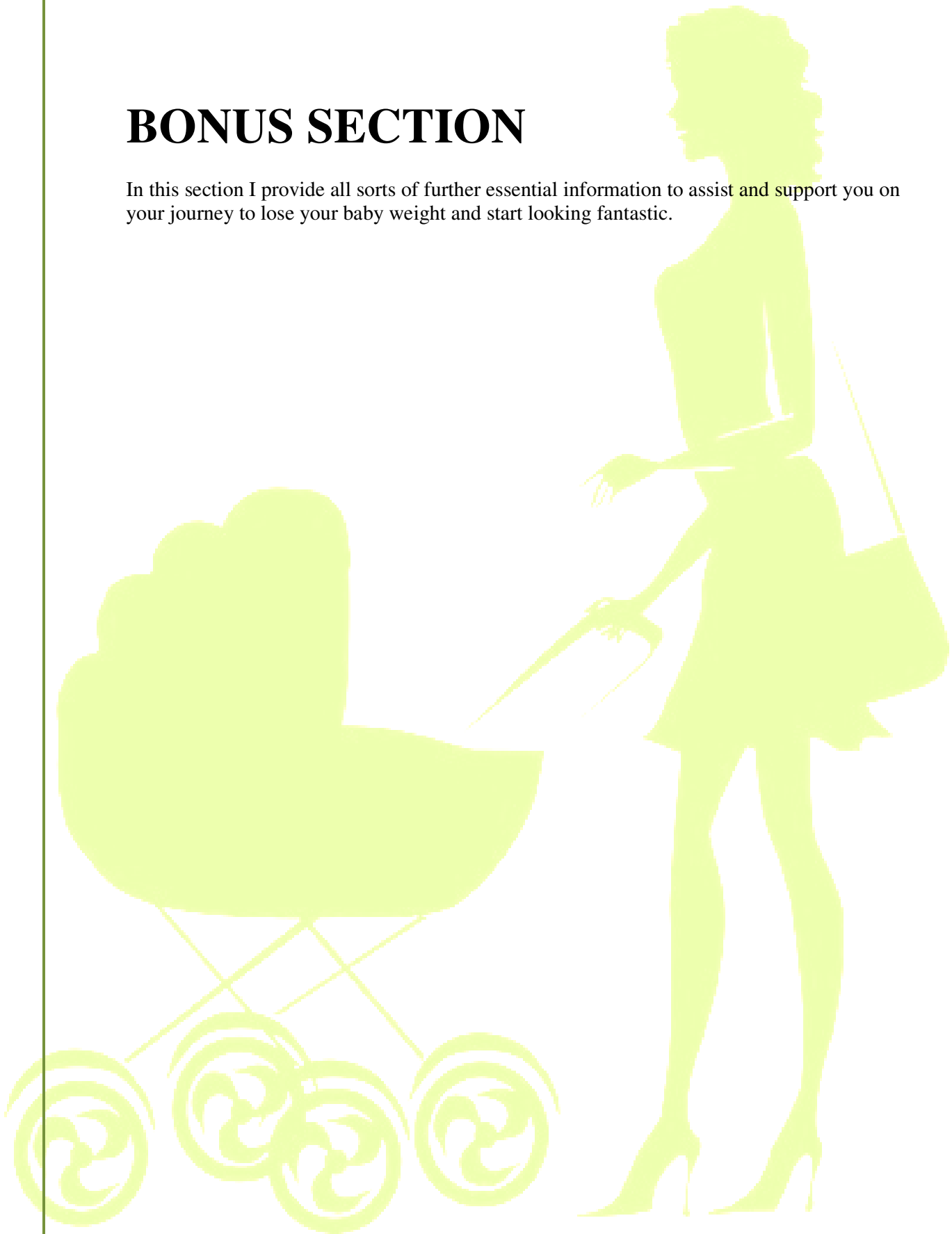
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# BONUS SECTION

In this section I provide all sorts of further essential information to assist and support you on your journey to lose your baby weight and start looking fantastic.



## **BONUS 1**

### **THE IMPORTANCE OF LOSING YOUR PREGNANCY WEIGHT**

One of the most important reasons to lose the additional weight you gained during your pregnancy is that being overweight can adversely affect your health. Excess weight can cause a wide range of health problems such as backaches, leg pain, varicose veins, and extreme fatigue. So quite literally your life could depend on losing that pregnancy weight.

Fatigue itself is reason enough to lose weight. You need energy to take care of yourself, your baby and your family. Additionally, there are serious health conditions associated with being overweight and if severe enough, it can cause hypertension and diabetes. There is also the long-term risk of obesity if you do not lose your extra baby weight.

Losing those additional baby pounds can have a positive effect on your self-esteem, as you will feel lighter and fitter. In addition, being overweight often becomes a vicious cycle. It is difficult to motivate yourself into losing weight or exercising when you are overweight so you may forego exercising altogether. This often leads to more weight gain that, in turn, further lessens the likelihood that you will exercise.

By following the advice in this report, this trend can be reversed and as you lose weight, you will see your body becoming more toned. Your energy will increase virtually immediately and you will quickly start to look and feel great. Once you start witnessing the positive results of a slimmer, toned body, you will want to keep at it.

There is tons of advice regarding weight loss as well as fad diets currently on the market but I urge you to avoid these at all costs. It may be tempting to try and lose your excess baby weight very quickly, as some of these products promise but they can be very dangerous. They strip the body of essential nutrients and initiates an unhealthy pattern of losing weight and gaining it right back (and then some) after the diet ends.

It is not advisable for any new mum to severely restrict her caloric intake. If you were considering going on the latest fad diet, it would be a disservice to your body as well as your baby, especially if you are breastfeeding.

Here is some food for thought. A study tracked new mums who did not shed their excess “baby weight” within the first year after giving birth. It was noted that these women had a higher incidence of being overweight 15 years later than those who returned to their pre-pregnancy weight within one year of delivery.

## **BONUS 2**

### **WEIGHT GAIN DURING PREGNANCY**

Weight gain is essential during pregnancy to ensure your baby receives the essential nutrients she needs for proper growth and development. That being said, pregnancy should not be a 9-month never-ending buffet! Contrary to popular belief, a pregnant woman is not eating for two. However, she does need to provide proper nutrition for two.

By following your physician's dietary guidelines, you can gain the proper amount of weight during your pregnancy. It is recommended that a woman of average weight gain approximately 25 to 35 pounds (11 to 19kg) during pregnancy. If overweight, a woman should gain around 15 to 25 pounds (7 to 11kg).

If you have ever wondered how pregnancy weight is distributed, below is a breakdown for women of average weight:

Baby	8 pounds
Placenta	2 to 3 pounds
Amniotic fluid	2 to 3 pounds
Breast tissue	2 to 3 pounds
Fat stores	5 to 9 pounds
Blood supply	4 pounds
Uterus increase	2 to 5 pounds

It follows then that after birth an average woman will be looking at carrying an additional 15 pounds of weight compared to her pre pregnancy weight. Now don't despair if you have more than this to lose as every one of us is different. Once you start to follow the advice and tips given in this report the additional weight will soon drop off.

## **BONUS 3 MOTIVATION**

Once you have started on your weight loss journey it is vitally important that you keep going until you reach your ideal weight. Weight loss is very rarely steady progress and there will be ups and downs. During these periods it is sometimes difficult to stick to your weight loss plans, so use some of the following techniques to help keep you motivated.

1. Weigh yourself only once a week and don't be tempted to "see how you're doing" in between time. However, don't just weigh yourself but always measure around your waist, hips and bust. Make a record of all measurements and be encouraged by loss in inches not just in pounds!
2. After each weekly "weigh in" reward yourself for any loss (inches or pounds) and for sticking to the plan. The reward need only be something small but will help to encourage you.
3. Every time you lose weight place the equivalent weight in books or cans into a bag or pillowcase. If you feel frustrated when your rate of weight loss slows, pick up the bag to remind yourself as to how far you've come.
4. Take "before" and interim photo's of yourself to act as a visual record of your progress.
5. Occasionally try on your old size cloths to show how much you have slimmed.
6. Whilst shopping find a dream dress in your ideal weight size and hold it against you and imagine yourself wearing it.
7. If you have a bad day and you have been tempted by a craving food, don't beat yourself up. Do a bit more exercise to burn some extra calories.
8. Get your hair restyled and possibly with a new color. This can take years off you.
9. During weight loss and particularly after pregnancy you will have a fair amount of loose skin that needs to shrink back. Use a body massage cream to help keep your skin soft and toned. Also, use a body firming cream every day; it can be very effective.
10. As you slim down start dressing to emphasise your new figure. Friends and family are sure to notice and the compliments they pay you will be great encouragement.



## **BONUS 4**

### **EXERCISES AFTER PREGNANCY**

#### **FIRST 6 WEEK EXERCISE EXAMPLES**

##### **1 PELVIC FLOOR EXERCISE**

There are two parts to the exercise the slow twitch and the fast twitch. It is important that the slow twitch is done first followed by the fast twitch.

- Sit on a chair with your feet flat on the floor and your legs slightly apart. Lean forwards and rest your elbows on your knees.
- **Slow Twitch:** Close and draw up the muscles around the back passage as though you are trying to stop wind. Don't contract your buttock muscles as you do this. Next, close and draw up the muscles around your vagina and urethra as if you are trying to hold back your urine. Hold for a count of 5 seconds breathing normally. Slowly relax and let go. Repeat 5 times.
- **Fast Twitch:** Pull up the pelvic floor muscles as before. This time hold for only 1 second and then relax. Repeat 5 to 10 times.

##### **2 LOWER TUMMY MUSCLE EXERCISE**

- Lie on your back on the floor or bed and bend your knees by taking your feet up and comfortably close to your buttocks.
- Close and draw up the muscles around the back passage. However, don't contract your buttocks. Next, close and draw up the muscles around your vaginal area and urethra as if you are trying to hold back urine.
- Pull your belly button in and up to feel your lower tummy muscles tighten. Hold for a count of 10 while trying to breathe normally.
- Slowly relax and let go. Wait a few seconds then repeat. For maximum results, perform this exercise 5 times.

##### **3 PELVIC TILT EXERCISE**

- Lie on your back on the floor or bed and bend your knees by taking your feet up comfortably close to your buttocks.
- Close and draw up the muscles around the back passage. However, don't contract your buttocks. Next, close and draw up the muscles around your vaginal area and urethra as if you are trying to hold back your urine.
- Tilt your pelvis backward pushing your lower back into the floor or bed while arching your back away from the floor. The goal is to bring your belly button to your backbone.
- Slowly relax and let go. Wait a few seconds then repeat. For optimal results, perform this exercise 5 times.
- Try to breathe normally throughout.



## **POST 6 WEEK EXERCISES**

### **4 LEG SLIDE**

The Leg Slide is an exercise that tones both your abdominal and leg muscles.

- Lie on your back on the floor or bed and bend your knees by taking your feet up and comfortably close to your buttocks.
- As you breathe in, slide one leg to a straight position.
- Then breathe out and return the leg to the starting position.
- Repeat the exercise with the other leg.
- Repeat 10 times for each leg.

### **5 BRIDGE**

After doing the pelvic tilt exercise above for a number of weeks, you will have built some abdominal muscle strength and you can progress to the next level.

- Lie on your back on the floor or bed and bend your knees by taking your feet up and comfortably close to your buttocks.
- While breathing in, contract your abdominal, buttock, and pelvic floor muscles as you raise your hips off of the floor.
- Hold this position for 5 seconds before breathing out as you slowly relax and let go.
- Wait a few seconds and then repeat 5 times.

More difficult variations on this exercise include:

- Move your feet farther from your buttocks.
- While in the bridge position, lift one leg up and keep your hips level.

### **6 SHOULDER LIFTS AND HEAD LIFTS**

This exercise strengthens the back muscles as well as tones the abdomen.

- Lie on your back on the floor or bed and bend your knees by taking your feet up and comfortably close to your buttocks with your arms by your side.
- Keep your lower back flush with the floor.
- As you breathe out, slowly lift your head and neck off the floor.
- As you lower your head back down, breathe in. Repeat up to 10 times.

Once you have carried out the head lift for a number of weeks, you can progress to the shoulder lift. The exercise is repeated as above but this time your head and shoulders are lifted off the floor.

As you progress, you can increase the effort required by crossing your arms across your chest or folding both arms behind your head.

#### **7      ADVANCED LOWER TUMMY MUSCLE EXERCISE**

- Begin with getting down on your hands and knees, keeping your back as flat as possible throughout the exercise.
- Close and draw up the muscles around the back passage. However, don't contract your buttock muscles. Next, close and draw up the muscles around your vaginal area and urethra as if you are trying to hold back urine.
- Pull and draw up the area around your belly button and hold this position for 10 seconds.
- Slowly relax and after a few seconds repeat. Perform this exercise 5 times.

More difficult variations on this exercise include:

- Once in the hold position, lift one of your arms straight out in front of you and hold for 10 seconds. Repeat for the other arm.
- Once in the hold position, hold your left arm out in front of you and your right leg out behind you. Hold the position for 10 seconds. Repeat with the other arm and leg.
- Slowly relax and after a few seconds repeat. Perform this exercise 5 times.

## **BONUS 5**

### **STAYING RELAXED**

It is not uncommon for many new mums to have negative thoughts concerning their abilities as a mother and question why they have not lost their additional baby weight. Please know that if you are experiencing any of these feelings, it is completely normal and you can achieve your goals by maintaining a positive outlook and following the advice I provide in this guide.

**POSTPARTUM DEPRESSION** is common among new mothers. There are two forms: early onset and late onset.

- **Early onset:** typically called the “baby blues”, affects as many as 80% of new mothers. The symptoms include sadness, tearfulness, anxiety, and trouble sleeping. It begins after delivery, is usually mild, and usually resolves within a couple of weeks without the need for medical treatment.
- **Late onset** or postpartum depression affects approximately 10 to 16% of women. Reassurance, help with household chores as well as assistance in taking care of the baby is all that is usually required. However, 20% of women with late onset depression suffer with persistent depression, which can be extremely debilitating. Daily chores such as dressing, cooking, and even taking care of the baby can become difficult, if not impossible. Psychiatric therapy and/or anti-depressants may be necessary since this is a medical condition that requires medical intervention. Until postpartum depression resolves itself or is medically treated, a new mother would be unequipped to lose excess weight.

The following suggestions may help to stop postpartum depression in its tracks.

- **LEARN TO RELAX.** You might say you know how to relax, but with a new baby, you just don't have the time. Studies have shown that new mothers who dedicate 15 minutes a day to meditation, deep breathing, or even soaking in the bathtub are better able to deal with the stresses of motherhood.
- **NAP WHEN THE BABY NAPS.** This is common advice given to most new mums and you may have heard it many times over, but it still remains true. New mums tend to clean the house instead of resting. You need those little pockets of time to unwind and rest to relieve stress.
- **EXERCISE.** Not only can exercise help you avoid postpartum depression, it will also boost your metabolism making it easier for you to lose weight
- **REMAIN FLEXIBLE TO ARRANGEMENTS.** As a new mum, it is imperative that you remain flexible and do not come unhinged if it becomes necessary to change plans. Try to remain flexible and don't let things worry you.

## **BONUS 6**

### **LOOKING FANTASTIC**

You've just had your baby and everything is fine except for the fact that you feel depressed every time you look at your form in the mirror. Getting back to a slim figure will not happen overnight. You may have already begun an exercise routine as well as following a sensible eating plan, but it will take time to show results. In the mean time, you can still look great. Clothes play an important role in helping you look and feel great after giving birth. While you will need to dress sensibly, this can still be flattering. Here are a few tips to make this happen:

- **SHOP & DRESS WITHIN YOUR COMFORT ZONE**

Before we get into what kinds of clothes, colors, and shapes you should wear, you need to keep one rule of thumb in mind. It is an absolute must that you dress sensibly. What would this involve? For starters, wear comfortable clothes. Shopping for the latest in fashion is not always a good idea for a new mum. You may also find that you are comfortable in the clothes you wore during the early stages of your second trimester.

- **CHOOSE CONCEALING TOPS**

The first thing you need to concentrate on is hiding your tummy. Here are a few tips on choosing the right types of tees and blouses when you first go clothes shopping after delivery. The first and most obvious tip is to avoid anything that fits too snugly. This will only draw unnecessary attention to your midsection. Instead, look for interesting necklines. Anything with a ruffle, 'v', or cowl neck would do. A banded hem at your midsection is also a good choice, as they give you shape and help to conceal unsightly bulges. Empire waists and cuts are an absolute no no.

- **FOOTWEAR**

After delivery, take the opportunity to sport new footwear. During your pregnancy, you may have stopped shopping for shoes due to your feet swelling. As new mums are constantly on their feet caring for their new baby, shoes that are both stylish and comfortable are a must.

- **TROUSERS**

Stay away from maternity trousers even if it means you will need to buy a pair that is a couple sizes larger than your pre-pregnancy jeans. Make sure you choose colors that are dark and styles like boot cut that make one look slimmer. Additionally, you should choose trousers that fit below your tummy.

- **JACKETS**  
Fitted jackets that end beyond the middle of your waist are always the best choice. Shorter jackets may look fashionable, but they have a tendency to highlight unsightly bulges.
- **HAIRSTYLE**  
Prior to giving birth, get a low maintenance hairstyle. If you prefer to keep your hair long, some attractive hair ties or barrettes will come in handy.
- **DRESSING FOR A PARTY**  
Getting out is very important for a new mum. If you are lucky enough to find someone to look after your baby for the evening, then let your hair down and have a fun night out on the town. But what do you wear? Just like you choose your everyday clothing to draw attention away from your tummy, you should also keep this in mind when choosing an evening dress. Dresses with flowing material are a better choice than those that fit snugly. Look for dresses that help highlight areas like your face, shoulders, and even your cleavage.
- **MATERIAL AND COLORS**  
The material that your clothes are made of and the colors you wear are important too. For starters, stay away from delicate material like rayon that needs special care. Your clothes should be durable so choose them accordingly. It is also wise to remember that darker colors will help you to look slimmer. Another tip that you might want to keep in mind is to wear printed blouses or tops. These go a long way in hiding bumps and bulges.
- **MAKEUP**  
Now that you have some pointers on what to wear after delivery, let's concentrate on a few make up tips. If you need to look good in minutes, you can do so by using a tinted moisturizer. This would cut down on the time it would take to look your best, as a tinted moisturizer can substitute for foundation. Concealers work wonders to hide dark circles. To add color to your cheekbones, dust on a bit of color, a peachy effect works well on most skin tones, or even a bronze. Make sure you have a long lasting lip pencil that you can use on your lips and eyes in a jiffy. By remembering these simple makeup tips, you can look your best in a matter of minutes!
- **JEWELRY**  
This is another way to rejuvenate your style after pregnancy. Choose bold pieces such as large silver or gold hoop earrings or a large pendant. A few great pieces can be interchanged and you won't break your budget.