

Lose Weight After Pregnancy

Contributed by Webmaster
Wednesday, 06 August 2008

Of course the first thought after a mother gives birth is about how healthy her baby is but it doesn't take long before thoughts about losing weight after the pregnancy will surface. There is also a distinct possibility that many new mothers feel pressurized by the constant reminder that celebrity mothers get their figures back so quickly. This is an unfair pressure to place on regular moms who do not have the facilities afforded those with fame when they want to show the world that weight loss after pregnancy is easy and quick!

It is an unfair comparison because weight loss after pregnancy this way is not possible for the vast majority of mothers. However, what a recent mother should be thinking about is eating a healthy, nutritional diet that will help her body recover from the strain of childbirth. If the diet is set for 2,000 calories that should be sufficient but it should always contain a tiny amount of fiber; the main constituents of her daily diet should be:

- 50 percent carbohydrates
- Approximately a third as protein
- Ten percent intake of fats

OK, the percentage totals don't add up to 100 percent but there's a reason for this as every diet should leave a little room for enjoyment and there is no need to go to extremes so have some of the foods you enjoy without guilt, just don't go crazy. Despite the amount of time a mother will spend with her new born baby, she still needs to look after herself to regain her metabolic rate and stamina level she had before the pregnancy so moderate exercise is necessary. The idea is that you look forward to the physical activity and enjoy the feeling when it is complete so moderation is the key, otherwise it will feel like a chore and you will give up.

How quickly you experience weight loss after pregnancy at this stage will depend on many things including how much you gained during the previous nine months. There are a number of physical and psychological changes that a new mother will experience after the birth of a child and can have an effect on how quickly those pounds are lost. The order of the day is that losing weight after pregnancy will be more consistent and healthy if it is achieved slowly but surely through a healthy diet and regular physical activity.

There is no need to rush as fat lost slowly, and muscle tone regained the same way, will be maintained more successfully. The good news is that with a solid nutritional program and with moderate exercise, you can expect to lose the weight you gained during pregnancy within a reasonable time frame. However, it is important to remember that if you are breastfeeding then those last stubborn pounds may not be lost until you stop!