



WEIGHT ★ NO ★ MORE DIET CENTERSM



www.weightnomoredietcenter.com

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SHEDDING THOSE POST PREGNANCY POUNDS

You're happy to be home again. You're happy and thrilled at the birth of your baby. But then you look in the mirror and you're not so happy! Weight control is a widespread concern for many women after pregnancy and is difficult for many women to handle emotionally.

First of all, women need to understand that a gain of 15-30 pounds is the wide range of what is considered reasonable. Of course, this may vary according to how heavy a woman is before she becomes pregnant. A heavier woman may be advised to try to stay within the lower end of the weight gain range during pregnancy. Weight gains of 50, 60, 70 pounds or more are absolutely not necessary, and, is within a woman's control to avoid. If you are currently very overweight and are contemplating a pregnancy, it is in your best interest to start focusing on shedding those unwanted pounds now. The more fit you are, the easier, in most cases, to conceive; the easier to carry to term; the lower the risk of gestational diabetes; the healthier the baby; the easier the delivery. Additionally, the better shape you are in going into a pregnancy, the less difficult it is to stay focused on a healthy eating lifestyle all throughout your pregnancy. Overweight women are more apt to throw caution to the wind when pregnant: They're already overweight, they're pregnant, they may as well indulge and enjoy it and they promise themselves they'll go on a diet after they give birth! Not.

Second, it's a myth that weight loss after pregnancy can only be successful if it occurs rapidly. When you give birth, you lose around 10-13 pounds immediately. When you return home again, you continue to lose water, and once your uterus returns to its original size, you will lose another 4-7 pounds. If you are nursing, you will get back to your normal weight more quickly; nursing "costs" about 1,000 calories per day and is one of the most efficient ways to make sure that the extra fat and water added during pregnancy are transferred to the rightful owner.

The rate of weight loss after pregnancy depends on several factors, such as whether there were complications with the pregnancy or delivery. Pregnancy complications can make a woman feel weak and/or interfere with her mobility, and less mobility means less calories burned. Certain diseases like postpartum inflammation of the thyroid gland, which is a common complication that shows itself soon after delivery, can cause weight struggles if they are severe. Other factors include whether the woman has other medical illnesses or takes medications that make weight loss difficult in the first place.

Women should have realistic expectations about how long it takes to lose weight. Just as for anyone else, about 1-2 pounds per week is healthy. Rapid weight loss will not stay off. Rational weight loss can stay off. Although there are vastly different approaches to weight control, a women's weight loss and maintenance will be most successful if a program is individualized for that particular woman. Individualized plans are the only way to get around the specific food preferences, eating triggers, and time constraints that each woman will have. Your body needs some additional energy and nutrients to meet the extra requirements of feeding and generally looking after your baby, and a healthy program will ask you to:

Eat a wide variety of foods (from all of the food groups).

Drink plenty of water. (Avoid soda and juice. These are truly empty calories.)

Avoid skipping meals, especially breakfast.

Take the time to have a nutritious lunch and dinner.
Have your meals at regular intervals.
Have balanced meals and snacks, without too much fat or sugar.
Exercise (stationery bike, walking) even for a short time every day.

Radical diets may get quicker results but a woman then runs the risk of feeling ill from depriving herself of certain nutrients on these fad diets. In addition, if a woman is nursing, she would not want to risk harming the baby's nutrition by a potentially dangerous or severely restrictive diet. If you're a woman who was in good shape before pregnancy, all of the above factors, combined with a guided, structured eating-well program will give you the best chance to get your figure back 6-8 months after delivery.

The most important thing to remember is this: Weight loss after pregnancy is not a contest or a race. You are an extraordinarily important and extraordinarily busy person—a Mother. Get into shape at a healthy pace that suits you, for *your* sake, for your child, and not for the rest of the world.