



Weight loss after
Pregnancy

Weight loss after PREGNANCY



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Forward

Crunches, squats, push-ups. Do these words strike stress and worry into your very being? If so, you have nothing to worry about. You, like most of the population, are someone who would prefer it if your excess weight melted off you magically and instantaneously with no effort on your part, at all.



Unfortunately in the real world, life (and fat) just doesn't follow these rules. They have stringent rules of their own which requires that us lowly human beings work hard to melt off any excess fat which we might be carrying around on us.

As a new mother, this means that you not only have the task of caring for your baby, but also of caring for yourself and your figure.

If you are one of those "earth mothers" who are confident and proud with their fuller figure, then you won't worry about an excess pound or two or ten which you might have put on during the nine months when you were carrying your baby.

However, if you are not as comfortable with the pounds and inches which you have gained since becoming pregnant in the first place, then you probably want to do your utmost best to get rid of these excess pounds.

If this is the case, (and I will assume that it is so, considering that you are reading this book!), there are many paths that you can take on the road to regaining your figure. But which one you take depends on a number of factors, key of which is who you are, and your body type.

You will necessarily be able to lose weight depending on if you have the patience to take it nice and easy, or whether you have the body type for it to take it at a slightly accelerated pace, or even whether you have the monetary resources to take it at a speed of mach-ten to regain your figure.

As I said, this depends on many factors. What I discuss in this book, is mainly the ways in which you can safely and healthily lose weight after your pregnancy.

Although you can if you really want to, lose weight at an increased rate this is not something that is recommended for you. The best weight loss that you should aim for, is about 1-2 pounds per week. Anything more than that is simply not healthy.

Before we go any further I also feel that I should mention that I am not a doctor or a medical practitioner of any sort. I do however, know about losing weight, and losing it in a healthy manner.

That said, and I mention this throughout the book, the best thing that you can do for yourself before beginning any type of exercise or diet regime, is to first consult with your primary medical practitioner.

From this individual you will be able to get a better outlook on the ins and outs of losing weight. This is especially recommended for you, ladies, as your body has just gone through the somewhat traumatic efforts of having a baby.

But horror of horrors, where will you find the time to enforce an exercise or diet regime into your already full-to-brimming schedule, not to mention the energy? You barely have enough of both to get you through the day and night, how are you going to manage to lose weight into the bargain?

Very easily in fact. And in case you think that I'm making light of the entire problem, I'm not. In the beginning at least the only thing that will be required from you will be some commitment to your cause of trying to lose those excess pounds and inches.

The rest, as you will see when you read through the book, is a matter of juggling your priorities around slightly and finding the right combination of baby; yourself; family; which will work for you.

And if this seems overly simple, maybe even flippant, let me assure that it's not. Well...it's not meant to be flippant at any rate.

It is however meant to be an over-simplification of matters, but as you read on, you will see that sometimes a simple uncomplicated approach is all that is needed to make things crystal clear.

The Simple Approach

I thought I would begin with this section, even before going on to the Introduction for the simple reason that it is the core of the book, or rather it is one of the core ideas of this book.

I aim to help you at least get a clear picture of what you need to do, and my approach to this is key to how you do this.

To that end, I think I can safely say that what you need is not a complicated look at how you need to lose weight, nor even the facts and figures of losing weight.

What you need is to take a few of those few precious quiet minutes which you have all to yourself, and put your life into the simplest of terms.

Take a minute to sort out what you need to do, and what your priorities are. With a new baby, your largest priority is going to be your baby, seconded only by your desire to get a good eight of hours of uninterrupted sleep!

There, that was easy, right? You have your two largest priorities listed down, now you need to go on and find out what your other priorities are. They will definitely change from woman to woman as each person's situation in life is uniquely their own.

Some of the things you're looking at however, probably go along the lines of cleaning the house, going to work, fixing the meals, taking care of the needs of the rest of your family, or maybe even buoying your marriage.

But what about you? Where do you come into this list? Most of the time the answer will be either, "not at all" or "at the very end". The thing is, this sort of thinking is all well and good if you have all the time in the world to do everything.

The plain fact of the matter however, is that you don't have all the time in the world to devote to everything on your list, and you will know through your own experience that something has to suffer and most of the time this will be you.