

Losing Weight After Pregnancy

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Losing all of your pregnancy weight after giving birth is on a lot of new mums minds, but how fast you can do this depends on a few factors. The first factor is obviously how much weight you gained during your pregnancy. Most women will lose about ten pounds, or maybe a bit more within the first couple of weeks after delivery, as well as the weight of the baby this loss also includes the placenta and fluid loss.

Breastfeeding speeds up weight loss if you are able to and choose to do this. you will also find that as your uterus shrinks back down to its normal size you will lose weight.

It will take a bit of time to get back your pre pregnancy weight, after all it did take nine months to put on , so it is not gonna dissappear overnight, but if you eat sensibly and take some exercise you should be able to shift those pounds.

While you are still breastfeeding your body may hang onto a few pounds, this is your body,s way of ensuring that you have enough energy to provide adequate milk for your baby.

Every woman is different in respect to how quickly they lose the weight, some women lose it in just a few weeks but it depends on the individual. If you are generally quite fit before the pregnancy you might find losing the weight after easier than someone who is maybe not quite as fit .

The important thing is to start exercising slowly and work up to doing more each week, even just getting out and going for a walk can help your body shape up and lose that fat.

If you eat healthily and take some exercise you should find that the weight drops off eventually.

If you want more info on keepin in shape during pregnancy ,then check out this link.

<http://tinyurl.com/2adcl4>

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About the Author

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