



HITTING THE SPOT

The Post Baby Bulge and what you need to know.

It is true that a new mom should not feel the need to be perfect 6 weeks or even 6 months after baby arrives. However, I have yet to meet a mom that wouldn't really like some practical advice on how to slip back into their pre-baby jeans and resemble their old self inside and out simply because it feels great.

Many moms report feeling like they have aged 10 years in the first year after baby. These feelings are often attributed to the inability to provide proper self-care. The demands of motherhood make it challenging to prioritize your personal needs, but if you want to be fit and healthy (Mind, Body and Soul) after baby, there are a few simple steps to follow to make your journey easier.

1. Let's start out addressing the biggest myth out there, once you start exercising any unwanted belly fat just melts away. Unfortunately, you can't target your weight loss to a specific body part or region. Why? Fat cells are found all over your body and you can never know which ones will be broke down to provide you with the energy you need to complete physical activity or increase fuel for fat loss. Also weight loss in women is largely controlled/influenced by our hormones, a certain amount of body fat is necessary and is directly linked to fertility and breastfeeding. However you can TONE and tighten specific areas of your body.
2. Address any underlying "CORE" concerns. Most people have heard of abdominal separation but so many still are not checked at all by their caregiver or given any or proper advice on how to address it. Get checked for abdominal separation and seek out a pre/postnatal fitness specialist who knows Core restorative protocols.
3. Rest and recover. Really consider this for a moment. Resting is very specific. It means sleeping or napping in the day; adhering to "early to bed"; meditation where your mind is quieted and eating well. These are the ways we rest and recover. IT IS NOT: watching tv, going out for a girls night out etc. Those things are great for a release but do not constitute rest, which is a priority in the early months. In fact sleep deprivation has been proven to hinder weight loss.
4. Effective training. You can do any old workout OR you can use your precious time wisely. The most effective use of your time is interval training. Combine your cardio and strength exercises for a more efficient and effective workout.



The FITMOM 5 : Must Do Exercises For New Moms.

Wall Sit w Pelvic Tilts

How: Lean against a wall and lower yourself until you have your legs bent at a 90 degree angle.

Why: A great stabilizing exercise that targets your lower large muscles with very low risk of injury. Add in pelvic tilts to safely address core restorative work.

Side Plank

How: Bend bottom leg for beginner or straighten for advanced

Why: Considered widely as one of the most important core exercises for postpartum women. It engages your stabilizing core muscles and the pelvic floor for a holistic approach to core work postpartum

Rows/Flys

How: Soften knees and bent gently from hips keeping core firmly engaged. Create length through your spine and then align your arms outwards holding weights from your chest. Lift and lower your arms focusing on cinching your shoulder blades together on the up phase.

Why: From pregnancy to postpartum your middle and upper back muscles are taxed from pregnancy posture and baby wearing and carrying. This exercise works a big engine (think fuel burning) and helps improve posture and back discomfort.

Curtsy Lunges

How: Step with one leg behind the stabilizing leg and lowering down similar to a curtsy.

Why: This lunge is often a better option especially if women are recovering from pubic symphysis.

Speed Skater with rear Delt pull

How: Bend over at the hips with stabilizing soft in knee. Extend other leg. Squat with stabilizing leg, and elevate leg on up phase. Add in opposite arm fly if you feel comfortable.

Why: It's an unpopular fact but we all know women's hips spread during pregnancy. Assisting the stabilizing muscles will support the realignment of your hips.