

Published based on [Growing Thin After Delivery](#)

Growing Thin After Delivery

For certain you at least one time in a life had a problem of growing thin, but not the general, but in one certain place. Someone wishes to lose weight on belly or bottom, someone hands or feet. Is it possible? Let's consider this question.

Scientists have proved that fat burns absolutely irrespective of what part of a body you train. Whether you work out a belly muscles, squat or run, the weight will leave zones which the organism itself recognizes as suitable, irrespective of our desire. Preferences of an organism in this case are especially individual some people lose weight in a face, others hands.

For those whom similar news upset, I hasten to please that we grow thin as a whole in regular intervals. And the closer you will be to ideal the weight, the more proportional the figure will be. There are no thin people with frankly full hands but if it happens –it is not fat, but such distribution of a muscular fabric.

Almost all women after a birth of the child have a necessity to get rid of excess weight which they gain for these nine months. The weight set for this period is caused by hormone changes in the organism, and necessity to feed a baby by all possible substances.

After the delivery the organism is oversaturated by a liquid which quantity decreases during several days after the delivery. If also to consider that the average weight of the child is about 3 kilos and at the time of delivery the woman gets rid of a placenta and fetal fluid on the average the woman loses about 4-7 kg in the first half-month of the postnatal period.

Speed of weight reduction is individual for everyone and depends on your way of life, quantity of physical activities, a state of health, a diet and heredity.

Fat gained during pregnancy serves as an energy source for breast feeding, therefore be not surprised if the organism does not want to give last superfluous kilos. Even the most effective diet here will not help. But do not worry, after the period of breast feeding will end, these kilos will leave in due course.

After pregnancy it is necessary to approach to weight reduction seriously therefore as very rare women lose weight quickly. Do not worry to lose superfluous kilos is quite really, but it is required hardly more time than you would like on it, be ready to it.

Try to set a diet to yourself, eat often (each 2-3 hours) with small portions. During the postnatal period do not try to starve or follow strict diets, health of your baby first of all depends on your health. Whenever possible go in for sports, it is obligatory under supervision of the trainer.

If will observe recommendations and treat yourself carefully, not to hasten, you will return a former weight without harm for health.

Currently the weight issue has gained in popularity very much. The matter is that reduction of [abdominal fat](#) is not only the matter of beauty but also healthy lifestyle. Those who need info on how to get rid of [get rid of abdominal fat](#), please check out this site.

Moreover, to reach the desired results one must use all the means available. And this is where the web technologies might be of great use. Learn to make use of blogs, social networks, search Google and other searching engines for "[loose abdominal fat](#)". Subscribe to the RSS on this and other blogs. All this will help you to make a smart and nicely balanced decision, and find precisely what you want at the best terms which are available on the market.

You can also find this article published on [Growing Thin After Delivery](#), and on the tag pages [abdominal fat](#), [fat](#), [get rid of fat](#), [loose fat](#), [reduce fat](#).