

Published based on [Lose Pregnancy Weight Without Starving Yourself](#)

Lose Pregnancy Weight Without Starving Yourself

Are you pregnant and worry about gaining some extra kilograms, or have you recently delivered a baby and how want to lose extra weight and get back your former shape? Do not be afraid, for most women it is not a big problem to lose pregnancy weight. Here are some tips on how to do this without starving yourself.

If you are still pregnant do not use pregnancy as an excuse to binge. Pregnancy is the time to get strict about your nutrition. The consumption of junk foods produces a small weak baby and a great mom. Make your pregnancy a time to turn a new page if you are addicted to junk food.

At the same time do not get obsessed about weight gain. Focus on healthy nutrition, stay as active as you can, and you will not go wrong.

Breastfeed your baby.

Breastfeeding burns around 500-700 calories a day. What a perfect and magical way to lose extra calories sitting around relaxing on the couch! Several studies show, that mothers who breastfeed return to their pre-pregnancy weight more quickly and easily. Breastfeeding also helps your uterus to contract back to its normal size faster.

Take a walk every day

Walking is probably the best exercise for new moms. It's free and does not require a babysitter or any special equipment, except for the pram or sling, of course. Besides you can go for a walk with your friend.

"Wear" your baby

Carrying your baby in a sling you can shed a number of calories during the day as you care for other children or do your everyday household chores. It also makes it easier for you to be active. You'll be less tempted to sit around.

Curb your cravings

Mothers after birth have cravings for several reasons. One is because serotonin levels are falling, leading to cravings for sugar. Substitute unhealthy snacks with healthy products. Things like dried fruits and nuts, granola, low-fat yogurt will help you to feel full and not to get additional calories. Focus on healthy and balanced nutrition.

Get enough rest

Easier to say than to do for a new mom, of course! But if possible, have a nap with your baby. When you do not get enough sleep you tend to gain weight. Consider the possibility of putting the baby to bed with you if you are breastfeeding. You will sleep better, your baby will also sleep better.

And finally, do not be in a hurry

Be realistic; do not expect yourself to be back in your favorite jeans within weeks of delivery. Meanwhile, appreciate your new, feminine curves. You have gained weight gradually and now you need some time to lose it and to get your pre-pregnancy shape.

Enjoy your new baby!

For more assistance in the topic of [fast weight loss diets](#) - you are welcome to visit this web site.

And as a perk - a final piece of advice. Today the web technologies give you a truly unique chance to choose what you need for the best price on the market. Strange, but most of the people don't use this chance. In real practice it means that you must use all the tools of today to get the information that you need.

Search Google or other search engines for questions like "[how to lose weight fast](#)". Visit social networks and

check the accounts that are relevant to your topic. Go to the niche forums and participate in the discussion. All this will help you to create a true vision of this market. Thus, giving you a real chance to make a wise and nicely balanced decision.

P.S. And also sign up to the RSS feed on this blog, because we will do the best to keep updating this blog with new blog posts about the planet of [lose weight fast](#) topics.

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