

MS11 VT13 Staying Active

[Music]

So, your body goes through a lot of changes after you deliver your baby, and a lot of women expect that once the pregnancy is gone, that their body is going to shrink back to its normal size, and it does take some time for that to happen.

Losing weight after delivery can sometimes be challenging as you're struggling to balance newborn care and this new life.

A lot of women want to know when they can exercise after delivery. Usually for a cesarean section, we recommend waiting for six weeks to use your abdominal muscles or do any strenuous exercise. For vaginal delivery, we really encourage all women to start slow and work their way up. Start with walking and then start working your way up to an elliptical machine or a bicycle or jogging or things like that. You do need to listen to your body. You're going to be really tired after you deliver. You're going to have a baby that's up feeding in the middle of the night. And so you may not feel the urge to exercise right away and that's okay. You could just go for a walk with your baby, and that's great exercise to start with.

So, after I had my first child, I really wanted to work hard on my weight because I was overweight. And I managed that with diet and exercise. In the summer I really wanted to see what I could do about that. And so, I lost 30 pounds this summer and I feel that that really made a contribution to my health and getting down those prediabetic numbers.

The rules of weight loss after delivery are the same as weight loss any other time. And healthy diet along with physical activity will eventually get you there. Additionally, one thing you can really do to help your body heal, get back to normal, is try to sleep when you can. You're going to be up a lot, but trying to take a nap when the baby's taking a nap can help your body heal and help you get more energy to be able to exercise when you're ready.

Balancing motherhood and weight loss can be very challenging, so be patient with yourself. And slow and steady progress is really what we're looking for.

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[End of recording]