

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 skinny 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 and too be honest a great deal of that has to do with doing too much and poor self care. If you want to be fit and healthy (MIND, BODY AND SOUL) after baby there a crucial steps to making the journey easier on yourself.

1. The post baby bulge. Hard facts are:
 - *You cannot spot train- sorry but that is a fact. Fat -loss is about optimizing your body like a machine. Eating small healthy meals, interval strength training to increase lean muscle mass and endurance for most effective fat burning.
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 oyou can use your precious time wisely. The most effective use of your time is interval training. Combining your cardio and strength for a most 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 at 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 are taxed from pregnancy posture and baby wearing and holding postpartum. This exercise works a big engine and helps improve posture and back discomfort.

Courtesy Lunges

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

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.