

## **Taking the Fad out of Abs for New Moms**

As any one may note the main thing a new mom isn't thrilled about is her post baby belly bulge. It's often the first thing we hear at FITMOM. How do I get my abs back? Followed by an exasperated "I've been doing 100 sit-ups a day and nothing's changing". If you've joined the FITMOM community you know the answer already....want a flat stomach then start revving your big engines.

### **Big Engines**

What are they? Large muscles that when worked to overload recruit more muscle fibers for an at rest more toned muscle. This means at rest and during work your muscle is working and burning fat more effectively! The more toned the muscle the more efficient the machine. It's that simple.

### **Deterrants to Abdominal Fat loss**

Lack of sleep - not good news for new moms but a reality around weight loss in general and as a Swiss study found abdominal weight loss and sleeplessness were connected. What to do? Go to bed early on the nights you know you have workouts to make your new mom broken sleep add up to something.

Poor diet – Not uncommon for busy new moms the vicious cycle of poor eating can make even the best workout feel like you took one step forward and two steps back. Poor eating and missed meals can lead to hypo glycemic indexes dropping and make you feel desperate for energy. If this is you do some self intervention and do some meal planning to ensure adequate regular and healthy meals.

Genetic disposition. Although this is beyond your control acknowledging where genetically woman in your family tend to hold their weight and learn about your body type can help you with perhaps the assistance of a trainer figure out how to best proceed in cycling your workouts for best results.

Excessive weight gain during pregnancy. What's done is done. Two things to concern yourself with are getting started as early as your doctor gives you permission. The longer the weight sits there the harder it is to get off. Many moms second time around aren't as nervous about exercise and pregnancy and have healthier weight gains. This is good news.

### **Core Strength vs flat abdominals**

Not one in the same but can work as a team. In terms of fat loss the new mom must refer to the big engines. Having said that core strength is part and parcel with progressing your workout intensity. Progressing intensity is needed to see continued results. Core strength prevents injury, helps increase weight training overload, reduce impact and improve posture.

### **Fat Burning**

While fat burning zones can be determined by heart rate and age with a simple formula  $(220 - \text{age} \times (.75 - .85))$  there are some key factors to weight loss . The first being that strength training is a foundational component of creating a healthy body composition low in fat , high in lean balanced muscle mass . Cardiovascular activity is a paramount aspect of the endurance you bring to your workouts. Tired new moms will fair much better in the workouts if they bring to the table an increased energy level spiked by regular cardiovascular activity.