

## When can I start to lose weight after giving birth

Posted by mamidwar.sumedha@gmail.com - 05 Jun 2014 01:45

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After giving birth, your body needs time to rest and recover. It is best to wait six weeks or so before you think about losing weight. If you had a caesarean delivery, you may need to wait a little longer until your body recovers fully. Talk to your doctor before you start.

As soon as you are ready, start doing some gentle exercise. Most mums begin with walking, stretching and pelvic floor exercises. Build this up slowly. You may find that weight drops off quickly at first, but the last few pounds may be harder to shift. Don't expect a quick result. Getting back in shape will take time.

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## Re: When can I start to lose weight after giving birth

Posted by mamidwar.sumedha@gmail.com - 05 Jun 2014 01:50

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You may find these suggestions helpful:

Consult your doctor before cutting back on any specific foods, or if you decide to go on a particular weight loss programme or diet.

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