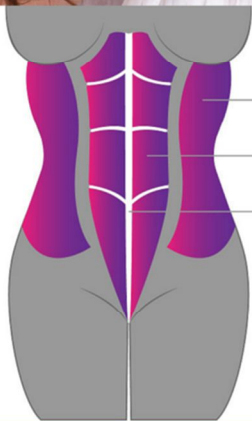


10 Tips

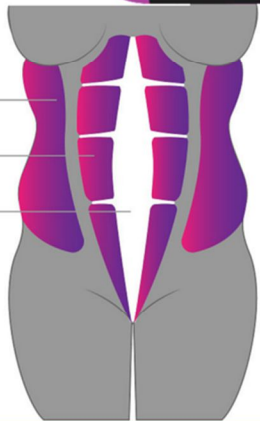
To Get You Back In Shape **After Baby**



Transverse Abdominis
(innermost layer)
& Obliques
(mid layer)

Rectus Abdominis
(outermost layer)

Linea Alba
(connective tissue)



F I T N E S S

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Thank you for downloading my guide to help you work on getting your baby body back into shape, restore your core, get a flatter tummy and build your confidence!

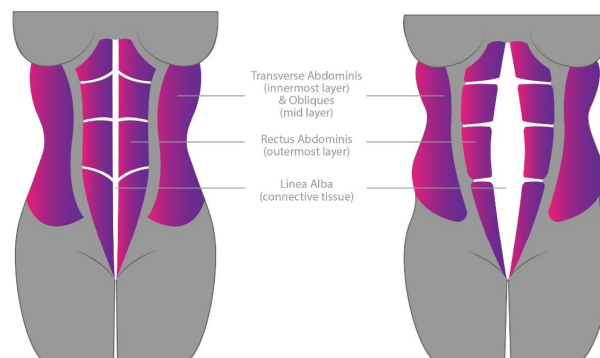
I've said 'get back into shape' rather than get rid of that 'mummy tummy' as I want the focus to be on how you function and feel, not *just* how you look. If it's all about the 'mummy tummy', and appearance, you'll miss out *SO* many pieces of the puzzle when it comes to restoring your core, and body, after baby.

So let me help you get started...

1. Understand the problem

If you roll up from lying and you get that 'doming' down the middle, or if you still look a few months pregnant when you're not, it's likely it's due to diastasis recti.

This is when the ab muscles have separated (they kind of have to, to make room for baby!), leaving a gap. This means a lack of support and control.



Diastasis Recti

Separation of the abdominal muscles due to excessive pressure in the abdomen

Please be aware though- this is not the *only* reason for a poochy tummy. It's more of a symptom. The problem is the pressure inside the tummy pushing out, and you need to learn to control that.

2. Stop doing crunches and planks.

They are going to make your tummy look *worse* not *better*. If your core isn't functioning properly (and after having your pelvic floor and abdominal muscles stretched, and your diaphragm squashed, many postnatal women don't have functional cores) then strengthening exercises will only make it worse.

Traditional ab exercises like crunches and planks create MORE pressure, and if you haven't restored your core and can't control that pressure, it will push out on the tummy. Think domed and unstable, not flat and functional!

If your focus is all on blasting out as many sit-ups as possible in the hope stronger muscles flatten your tummy, you need to *shift your thinking*. Instead of asking how you can get rid of your 'mummy tummy', ask how can you make it functional again?

3. Re-connect to your core

Sometimes, after the baby growing, carrying and birthing stuff, we can end up a little 'disconnected' from our body. This can be because the nerves have been damaged, or just lack of co-ordination after months of it not being able to work as it would normally. So slow down, and take the time to *focus* and *re-connect*. This is the first step you need to take, not bootcamp.

4. Check your breathing technique

Sounds odd, right? But the way we breathe can affect the way our core functions. One of the muscles that makes up the 'core' is the diaphragm- our main muscle when it comes to breathing! So when you re-connect with your core, a big part of this is getting the breath right.

For example, habitual belly breathing can prevent diastasis from healing. Hopefully this makes sense when you think about it: pressure pushing out against that separation 20,000 or so times a day is just going to keep pushing those abs apart!

5. Fix your alignment

How you stand, sit and walk affects the ability of your core to heal, and your pelvic floor to do its job! If your upper back is hunched over, or your low back too arched, you need to address this. Doing the *right* stretches and exercises for your body, and being aware of how you should be moving, can reap huge benefits.

6. Make sure you're getting enough nutrients!

Which can be easier said than done with a new baby! Right now your body is in a state of repair. The muscles of your core, and your diastasis, need to heal, which means your body's demands for certain nutrients are even higher than usual. Collagen, for example, or vitamin C, which is essential to converting proline, a precursor to collagen. For my number one nutrition tip visit my website [here](#).

7. De-stress your life!

Ok, this is a big ask for a new mum as well! I think my worry levels have been higher than ever since having children, and I keep being told it doesn't get better as they get older, you just find new things to worry about!

Stress comes in different forms though, such as worrying, or lack of sleep. I don't think it's headline news that it's bad for our health, but for a postnatal mum, it can slow down the initial inflammatory phase of wound healing. Plus, the stress hormone cortisol is naturally raised at this time- it's thought this helps to keep you alert and aware of possible dangers, and may play a role in the attachment process. Unfortunately this means for some mamas it can be hard to lose weight post-birth.

8. Be kind to yourself.

Not just in the form of reducing stress, but *stop being so hard on yourself!* Number 1: you're in a state of recovery, and it takes time, as can losing the weight. Number 2: GENETICS! We're all different, and some people will take longer to get back into shape. For example, some people have inhibited collagen production which can slow down their muscles returning to normal, and if you're in your late 30s to early 40s then you're peri-menopause, and growth hormones that help with recovery are in decline. So *stop comparing yourself to others*, and find the exercises that are right for you.

9. Look beyond the tummy muscles.

Or rather, train beyond the tummy muscles! Our muscles work in teams as we move, so even if the aim is to work on your butt/ tummy/ thighs, don't work JUST on that area. Get the WHOLE body working well and you will be able to perform far more effective workouts, and get better results EVERYWHERE.

10. Don't ignore incontinence

SOOOO many women accept this as normal after having a baby. It's common but NOT normal, and is a sign that something is wrong. If you don't address this it will only get worse. If your pelvic floor isn't functioning properly, this could lead to pelvic organ prolapse later. It's also possible it's a result of a weakness elsewhere in the core. So see your GP to get referred, or go straight to see a Women's Health Physio privately. The wrong exercises will only make it worse, so it will take longer for you to get your tummy functional and tight again.

GET IN TOUCH

You should be on my mailing list now, and will have more information coming your way soon! If you can't wait, I can be found on [Facebook](#), [Twitter](#) (occasionally!), or come and join the conversation in my closed [Facebook group](#) where mums can find support and advice, whatever their level of fitness.

Bonus?

Alcohol has a two-fold negative effect on our ability to lose fat:

1. Alcohol is highly calorific and easily over-consumed. Compare its calorific value with the other components of our diet: Alcohol is 7kcal/g, fat is 9 kcal/g, both protein and carbohydrate are roughly 4kcal/g).
2. The simple presence of alcohol in your system has a hugely negative impact on your ability to metabolise fat. Period!

This was illustrated by a study where 8 men were given two drinks of vodka and lemonade separated by 30 minutes. Each drink contained just under 90 calories. Fat metabolism was measured before and after consumption of the drink.

FOR SEVERAL HOURS AFTER DRINKING THE VODKA, WHOLE BODY LIPID OXIDATION (A MEASURE OF HOW MUCH FAT YOUR BODY IS BURNING) DROPPED BY 73%!!!!

The reason why alcohol has this dramatic effect on fat metabolism has to do with the way alcohol is handled in the body. Rather than getting stored as fat, the main fate of alcohol is conversion into acetate and the presence of acetate in the system puts the brakes on fat loss. The greater the quantity of alcohol, the greater the quantity of acetate created, the less likely fat is metabolised.

Do you have Diastasis section? Video?