



families

fit

bounce back

getting in shape after
your baby is born

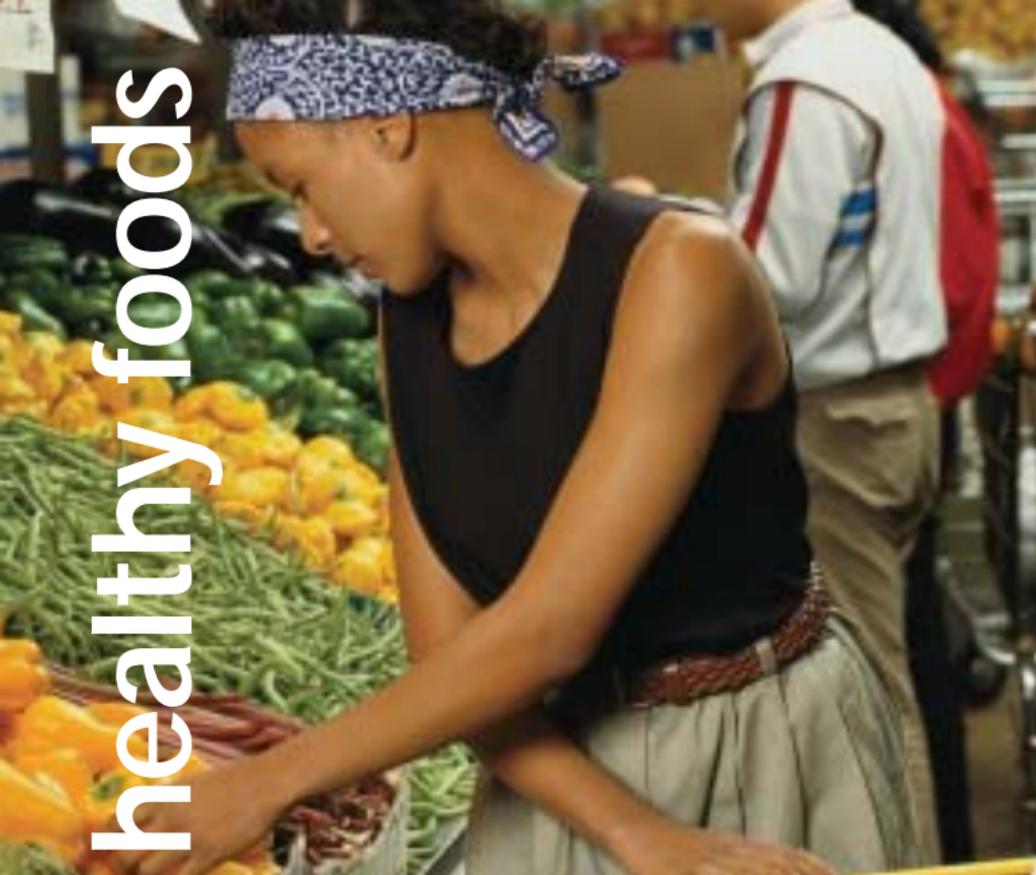
Take your time



Getting in shape after your pregnancy makes you feel better, gives you more energy, and helps reduce your risk for other health problems like type 2 diabetes.

This is especially true if you had diabetes during your pregnancy.

Be realistic: Get started today, but remember it will take a few months for you to lose weight. A slow, healthy weight loss of one to two pounds a week is ideal. The best approach is to choose healthy foods and, at the same time, increase your activity level.

A woman with a patterned headband and a black tank top is seen from the side, focused on selecting fresh produce in a grocery store. She is surrounded by various vegetables like green beans and yellow squash. In the background, another person in a white uniform with a red backpack is visible, suggesting a busy market environment.

Choose healthy foods

Choose foods that are high in vitamins and minerals but low in fat and calories.

Eat Less:

- French fries, fried vegetables
- Flour tortillas and other foods containing lard
- Whole milk, ice cream
- Chips
- Fried meats
- Donuts, pastries, cakes, cookies, candy

Choose These Instead:

- Fresh fruits, fresh grilled and steamed vegetables
- Corn tortillas
- Low-fat milk and cheese
- Pretzels, low-fat crackers
- Baked and grilled lean meats
- Whole grain muffins, bagels, and bread

Limit Soda, Sweetened Tea and Juice.

Soda, sweetened tea, and other sweetened drinks add extra calories and can make it difficult to lose weight. Instead of sweet drinks, have water. Water quenches your thirst without adding calories.

Watch Serving Sizes.

Avoid “super-sized” portions whenever possible.

Increase your activities



Check with your doctor and make sure that your body is ready to begin exercising. Be active for at least 30 minutes most days of the week. Find a friend or neighbor and make plans to walk, jog, swim, or ride bikes together.

Here are some ways to get more exercise:

- Follow an exercise videotape at home.
- Take the family bowling or to the park.
- Put the baby in a stroller and go for a long walk in the mall or around your neighborhood.
- Do yard work.
- Go for a bike ride.
- Dance with your family.
- Take everyone swimming.
- Go skating.
- Jump rope.
- Play volleyball or basketball.
- Climb stairs instead of taking the elevator.
- Park a block or more from work or the store.

Then take a brisk walk to and from your car.

When you become more active, you will find that you feel better and have more energy.

You will also tone up your muscles and look better as you work to achieve your weight goal.



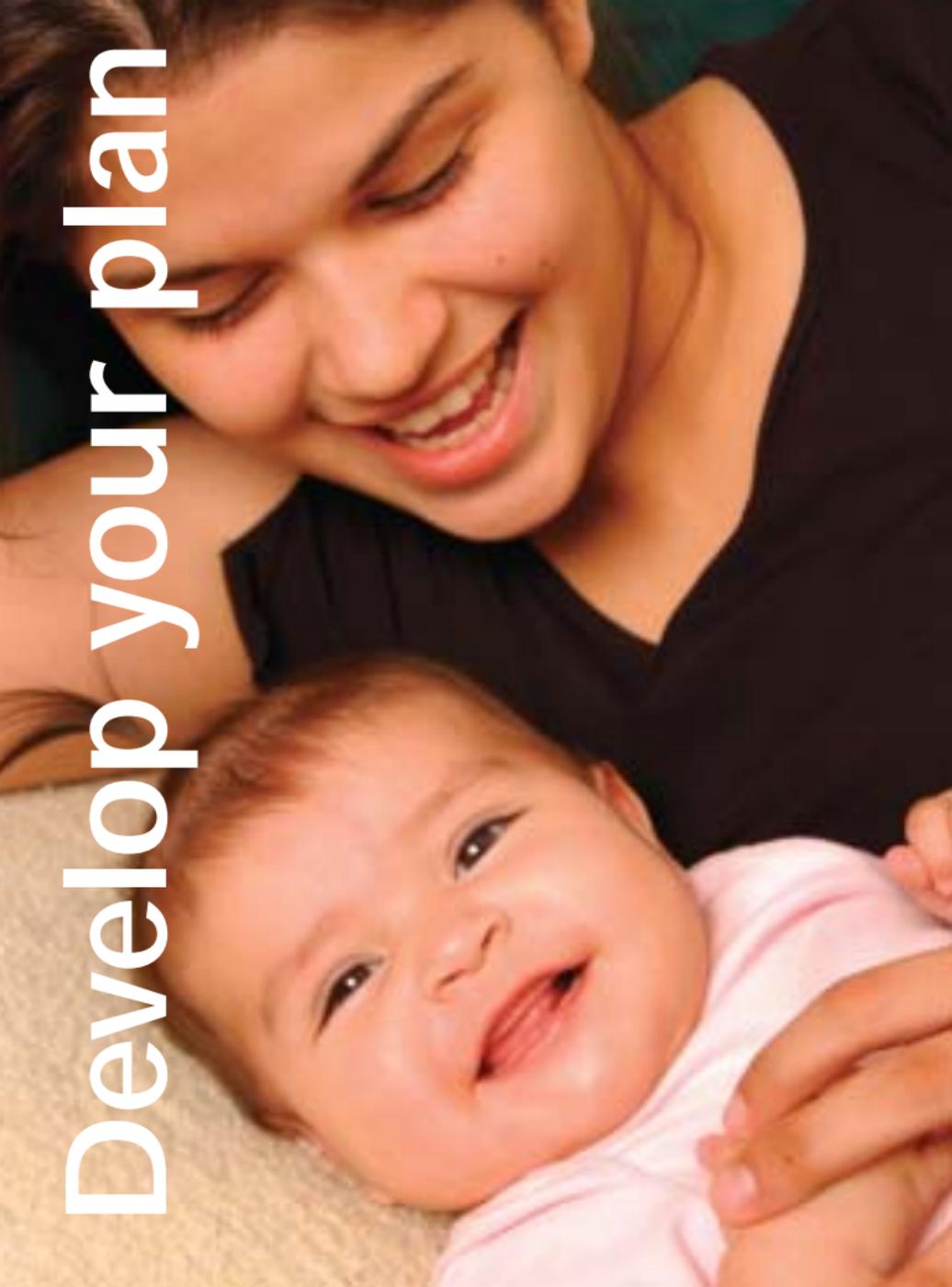
Focus on the positive

A healthy attitude can help you achieve your weight goal. Focus on the positive changes you are making.

Here are some practical tips for keeping a healthy attitude:

- Put away your bathroom scale. Instead of checking your weight everyday, check your progress by the way you feel and the way your clothes fit.
- Listen to your appetite. Don't eat until you are actually hungry. Eat slowly and continue to listen to your appetite. Stop eating when you begin to feel full.
- The postpartum period can be stressful. Many people turn to food when they are stressed. Before biting into food you grabbed from the kitchen, ask yourself if you are truly hungry.

Develop your plan



Quit Dieting.

Forget the idea of “going on a diet.” Quick weight loss schemes are unhealthy and usually don’t have lasting results. Instead, start your own healthy eating plan that you can follow for years.

Get Started.

Think about eating and being active as a way to improve your health and not just a way to lose weight. It helps to be very specific about what you will do.

For example:

- I will snack on fruit instead of potato chips.
- I will walk for 20 minutes, four times a week.
- I will drink low-fat milk instead of whole milk.
- I will take the stairs instead of the elevator.

Now write down a specific goal for yourself.

For the next two weeks, I will:

Tips to help you bounce back after pregnancy:

- Watch your portion sizes. Don't supersize.
- Limit your intake of sodas, sweetened drinks, and juice.
- Get active. Take walks with your baby or a friend.
- Pick healthy snacks such as fresh fruits and vegetables.
- Quit dieting. Pick one realistic eating or activity goal and stick with it.



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