

What is a healthy weight for me?

Body mass index (BMI) is the amount of body fat based on height and weight. A healthy BMI for an adult is 18.5-24.9. Find your height and weight in the table below to learn your BMI.

- ◆ Underweight <18.5
- ◆ Normal Weight 18.5-24.9
- ◆ Overweight 25-29.9
- ◆ Obese ≥30

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The “How To’s” of Weight Loss after Delivery

Breastfeed

Exclusive breastfeeding burns about 500 extra calories per day. Women who exclusively breastfeed for more than 3 months may have an easier time losing the weight gained in pregnancy. Breastfeeding helps baby’s waistline too. The longer you breastfeed, the less likely your baby will be overweight as an adult.

Eat Healthy

As your baby grows, he’ll look to you for an example of healthy eating. Now is the time to form good eating habits! By making small changes in your diet, you can lose weight and improve the overall health and well being of your family. Fad or crash diets are not a good choice for your body or your baby. Gradual weight loss (1-2 pounds a week) is considered healthy. For more healthy eating and weight loss tips, visit [www.choosemyplate.gov](#)

To lose your pregnancy weight

- ◆ Learn what to eat from each food group
- ◆ Focus on how much you eat.
Watch your portion sizes!
- ◆ Choose nutrient rich forms of foods. These foods are packed with nutrients, but low in “extras” that just add calories.
- ◆ Weigh yourself weekly
- ◆ Follow your progress by tracking your food intake and physical activity



Exercise

Physical activity can help you lose weight, boost your energy level, improve your mood and relieve stress! If you were active during pregnancy and had a vaginal delivery without problems, it’s usually ok to begin exercising a few days after delivery. Check with your healthcare provider to find out if this advice is appropriate for you.



To help ease back into an active lifestyle

- ◆ Start with something simple – like walking or swimming
- ◆ Take time to warm up and cool down
- ◆ Drink plenty of water before, during and after each workout
- ◆ Breastfeed before you exercise and wear a supportive bra
- ◆ Stop exercising if you feel pain, become dizzy or notice an increase in vaginal bleeding

Set a positive example for your child by working physical activity into your daily routine. Take the stairs, walk the kids to school or run in place while watching TV. Exercise doesn’t have to be time away from baby! Include your baby by going for a walk together.

If your health care provider gives you the ok, try these exercises. They’ll help to strengthen your stomach and pelvic muscles.

Bridge. Lie on your back with your knees bent. Keep your back in a neutral place, not arched and not pressed into the floor. Tighten your stomach muscles. Raise your hips off the floor until your hips are lined up with your knees and shoulders. Hold for three deep breaths. Return to the starting position and repeat.

Pelvic tilt. Try the pelvic tilt a few times a day. Lie on your back on the floor with your knees bent. Flatten your back against the floor by tightening your stomach muscles and bending your pelvis up slightly. Hold for up to 10 seconds. Repeat five times and work up to 10 to 20 in a row.

Kegel exercise. Kegels can help control bladder leaks and heal your perineum. Tighten the muscle you use to stop your urine flow. Hold for up to 10 seconds and release. Repeat 10 times at least three times a day.

