



# 10 TIPS FOR LOSING THE BABY WEIGHT



Wait 4-6 weeks before you even start worrying about weight loss.




Eat at least 1800 calories or more per day, especially if breastfeeding.



Walk off the pounds with your baby in a stroller.



Join a post-partum fitness class to find support.




Focus on eating healthy foods, like cold water fish and yogurt.




Remember to drink enough water.




Sleep seven hours per night (if you can).



Focus on daily abdominal strength exercises, like pelvic tilts and Kegels.



Count on taking six to twelve months to reach your fitness goals.



Start exercising to boost energy, relieve stress & promote better sleep.



[www.homefitnesslife.com](http://www.homefitnesslife.com)

# How To Lose Baby Fat Fast

**Clemens Wendtner**



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