



Bye-Bye Baby Fat!

Weight Watchers® New Mom Guide to Losing Weight

Eating for One

Okay, you wore sweat pants the last few months, ordered the hot fudge sundae for dessert and said with a smile, “I’m eating for two.” Well now that the baby is born, you’re faced with the challenge of how to get your body back. And if you weren’t in great shape before the baby, it can be even harder.

Right now, you are juggling so many new chores – feedings and diaper changes, doctors’ visits and laundry – it’s easy to understand that you may be having a hard time focusing on yourself.

And when you do focus on yourself, sometimes, it’s easier to ignore the weight that you gained during your pregnancy, and just hope it will go away. But it is achievable and worth doing – not only for yourself and your own health, but to serve as a healthy role model for your child. But remember – you didn’t gain the weight overnight so you shouldn’t expect to lose it overnight either.

Did you know?

Currently, health care providers advise that women gain between 25 - 35 pounds during pregnancy, less if overweight and more for a multiple pregnancy.

Weight Watchers has helpful information to offer women who are looking to lose weight in a healthy way. (Experts have determined that it is not medically advisable for pregnant women to lose weight, even if they are overweight when they become pregnant. To adhere to these guidelines, Weight Watchers has developed a policy that pregnant women are only allowed to join or rejoin after they have had their baby.)

I Want My Old Body Back!

The drama of labor and delivery is over; the delightful little bundle of joy is home, and you’ve started to evaluate the changes to your body. You’re asking yourself: “Whose sagging belly is that?” “Where did my stomach muscles go?” “My hips

weren’t that wide before, were they?” Sometimes, it can feel overwhelming to begin the weight-loss process.

Jenny McCarthy, the former host of MTV’s *Singled Out* and the New York Times bestselling author of *Belly Laughs: The Naked Truth About Pregnancy and Childbirth* and *Baby Laughs: The Naked Truth about the First Year of Mommyhood* knows exactly what it’s like to want to lose weight after having a baby.

Girlfriend – It’s Time to Take a Look

“I avoided looking at my body altogether for about three weeks after I gave birth,” says Jenny. “I finally started to feel like I was healing from my C-section. But I was really unmotivated. I just wanted to spend every second with my baby and not have to worry about hitting my target heart rate. So I needed a strong motivator. That was the day I decided to REALLY look in the mirror. I opened my eyes and screamed, Oh MY GOD.

I didn’t know what to cry about first. Cottage cheese holes were dripping down my thighs, to the point that I couldn’t see my knees, and the absolute, hands-down worst thing was the deflated tire around my waist, a jelly roll that jiggled and slapped each side of my body when I shook back and forth. At this point, I was really pissed off that I’d let myself gain so much weight. When I got home from the hospital, I did manage to weigh myself to see how much was lost in delivery. I lost thirty pounds. Wow, sounds great huh? Except for the fact that I still had to lose FIFTY more pounds!!!!”

The stress from lack of sleep and the enormous responsibility of caring for the baby can cause tremendous anxiety and send your body image plummeting and leave you feeling unmotivated. To top it all off, a snap of the fingers won’t bring back your pre-pregnancy body. That may be disappointing, even depressing, but the fact is, you can’t lose that weight quickly. The weight that showed up in places it never was before will take time to lose. However, through eating right and plenty of physical activity, you will lose the weight.

Get the green light from your OB-GYN on diet and exercise, and it’s time to begin. Like many women, you may find that getting the right level of support in meetings is what helps you to lose weight successfully.

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Stephanie, for example, lost weight with Weight Watchers meetings after having a baby:

"During my third and final pregnancy, I gained double the weight I had gained with my first and second. Weight Watchers meetings had helped me lose weight between my second and third pregnancies, so after I gave birth to my third child, I went back.

"I met my weight goal after 63 weeks*. Now that I'm a Lifetime Member, I still attend meetings regularly — sticking to a schedule helps keep me focused.

"The most significant change in my life is that I have so much more confidence. I am a better mother and wife, and a happier person. I have more energy, I jump around a lot. I dance with my kids. I smile all the time and I have more fun!"

--Stephanie, 33

*Results not typical

Say Bye-Bye Baby Fat

While you were pregnant, your family, friends, doctors, and even strangers, talked to you about your upcoming event and showered you with attention.

Now that the baby is here, you may feel like you've been overshadowed and you may miss the support that you had. It may seem like when the attention does shift momentarily back to you, most people comment on how you look and how much weight you've lost.

As with everything else, weight loss after baby is individual for each woman. While some women lose weight easily, others don't. The stress of mothering a newborn can sometimes lead to emotional eating, which over time, could lead to additional weight gain. The good news is that getting weight-loss support in meetings can help everyone to be successful in their weight-loss efforts!

Getting Weight-Loss Support in Meetings

Weight Watchers is a science-based approach to weight management that has proven success with thousands of people worldwide. It is based upon four key components: eating healthy foods, incorporating physical activity into your life, changing your behaviors and, for those who attend meetings, group support. Research has shown that these pillars are the key elements of a successful weight-loss program. Weight

Watchers meetings provide a welcoming environment where new moms who are looking to lose weight can find support and guidance for starting a healthy lifestyle.

To ensure good health and ongoing milk production, Weight Watchers has adapted the Program and designed guidelines for meeting members who are nursing that allows for an increased amount of calories to ensure a safe rate of weight loss. It is important to first check with your doctor to see what he or she thinks about losing weight while nursing, and whether there are any special adjustments that need to be made, for example if you are nursing more than one baby or are allergic to milk.

If you're a nursing mom and you decide to lose weight with Weight Watchers, we recommend that you attend meetings, where you'll be able to receive personal support with your special weight-loss concerns.

Did you know?

Research has shown that people who attend Weight Watchers meetings lose three times more weight than those who go it alone.

Heshka S et al. JAMA 289 (14): 1792, 2003

Meetings are a great place to work with a meeting Leader on adapting the guidelines to fit your life and to share and receive suggestions from other women in the exact same situation — and have some fun along the way!

According to Jenny, "Going to the meetings helped me not to be depressed about the size of my rear. Patience and effort — and the support of everyone around you — will eventually get you out of those ugly oversized sweatpants. They did for me."

WeightWatchers.com is an online resource for new moms, with recipes, daily feature articles with tips on good health, food and cooking, and a vibrant online community with an active message board specifically for new moms — named "Calling All Moms" — to share their challenges and solutions, and to motivate one another.

From Granny Panties to Bikinis

It took nine months to put the weight on, so it won't fall off instantly. Getting fit and staying fit requires a long-term commitment to healthful eating and activity, and this kind of lifestyle change doesn't happen overnight. And it shouldn't

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– because people who lose weight rapidly are less likely to maintain the loss for life.

“The moment I knew that I finally had enough of my body was the day I begged God to put a zipper down the front of my torso so I could simply unzip myself and walk out of my fat suit,” remembers Jenny. “I tried a trainer – and I’d lost nothing. I lowered my calories – I was down to sushi, salads, and vegetables every day while continuing my strenuous exercise for a month. I couldn’t wait to weigh myself. At the end of that month, I stepped my naked butt on the scale and it said that I’d lost two pounds. TWO POUNDS!!!

“I made an appointment to see my gyno. When he walked into the room, I had a complete emotional tantrum. He tried to calm me down and said that based on his thirty five years of experience, it could take a woman three periods to finally start letting go of the fat. I didn’t even get my first period until almost three months post delivery. So I hit a drive through McDonald’s on the way home and cried my way through a Big Mac. The next day I told myself to just shut up and be patient. I was still going to give losing weight a good effort, but wasn’t going to let it control my every thought.

“So I let go of my trainer and decided to join Weight Watchers. I went to the meetings with my baby, which they encourage you to do and fell in love with the Weight Watchers approach. I was allowed to eat pizza while still losing weight. I went every week and weighed in. I was beginning to lose at a steady rate each week.* I also strollered my son everywhere. By the time of my son’s first birthday, I was ten pounds away from my old weight. I was so happy my fat suit was almost gone.”

*Results not typical

Some tips for losing weight are to:

- Set realistic goals (i.e., aim to lose 1-2 pounds a week, not 15).
- Write down what you eat.
- Make note of your accomplishments and behavior changes, including those you don’t see on the scale (i.e., exercised for 30 minutes five times a week, dropped a dress size, ate more fruits and vegetables).
- Don’t skip meals, especially breakfast.
- Drink at least eight to ten glasses of water a day.
- Become active, but start slowly, building up to a faster pace and longer distance.
- Think about the good example you’re setting for your children

The best bet is to eat healthful foods and to try to find a balance between taking care of yourself and taking care of everyone else. A lifestyle of healthy eating and regular exercise is the best way to lose that baby weight.

Healthy Eating

- Eat three nutritious meals per day, with small, healthy snacks in between meals as you need them. Avoid overeating by never letting yourself get over-hungry.
- Add fruits or vegetables to every meal. They are high in fiber and rich in vitamins and minerals. Slice up a banana or strawberries for your morning cereal. Add lettuce and tomato to your sandwich. Toss a salad to accompany dinner.
- Take a close look at your portion sizes. Read the nutrition labels to check the serving sizes.
- If you are breastfeeding, you can watch what you eat, but it is important to eat when you are hungry and to consume extra calories to allow for adequate milk production.
- If you are at a weight that’s considered healthy for your size, your calorie intake needs to increase by 500 calories per day from your pre-pregnancy intake if you’re breastfeeding. If you are not breastfeeding, you may begin a sensible diet of healthy, nutritious foods in moderation.

Regular Activity

- Set aside time for yourself to exercise and guard it. Physical activity is good for your mental and physical health as well as for boosting your weight-loss efforts.
- Invest in an exercise video or a piece of workout equipment for the house to get in a work out when it’s convenient for your schedule and baby’s schedule.
- Join a gym with child care.
- Go out for a brisk walk with the stroller when the weather permits. Buy a pedometer to help you get motivated and keep track of your steps.

Did you know?

Walking is an excellent form of exercise that you can begin as soon as you feel up to it.

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Weight Watchers offers the following Good Health Guidelines for Nursing Moms

- Increase your number of milk servings to at least 3 per day to help meet calcium, protein and fluid needs.
- Eat more fruits and veggies – a minimum of 8 servings per day to get all the essential vitamins and minerals.
- Fit in 3 teaspoons of healthy oils each day instead of just 2 – mom and baby need the vitamin E and the essential fatty acids.
- Stay well-hydrated by increasing water intake from six 8-ounce glasses per day to at least 8, which will help to provide a good milk supply.
- Choose whole-grain foods, such as brown rice and oatmeal whenever possible.
- Get enough protein by choosing at least 1-2 servings of meat, poultry, eggs, dried beans, or soy products each day. (Limit fish intake to 12 ounces/week (about 2 servings), according to the Environmental Protection Agency).
- Limit added sugar and alcohol.
- Take a multiple vitamin-mineral supplement each day (check with your doctor about continuing with a prenatal vitamin while nursing).

Post-Pregnancy Weight Loss Tips from Other Weight Watchers Mothers:

"I make putting Rachel's leftovers down the disposal a rule. For me, eating off her plate would be the quickest way to put my weight back on."

– Staci, 30, lost 40 pounds*

"Exercise when you're ready. I started exercising when I knew I had to jump-start my weight loss."

– Stephanie, 33, lost 58.8 pounds*

"Remember we're all individuals! After a baby, your body will never be exactly the same, so you need to be forgiving."

– Susan, 34, lost 23.6 pounds*

"Know your vices. For me, snacking was huge, so I concentrated on being satisfied with three meals a day and minimal snacking (which helped my son form better no-snacking habits too!)."

– Katharine, 33, lost 54.9 pounds*

"The changes I made over the past year will help me for the rest of my life and I love setting a good example for my children. One of the sweetest compliments I've received came from one of my three children, my son, who told me, 'I love to hug you because I can get my arms all the way around you!'"

– Lesley, 30, lost 39.2 pounds*

"Weight loss does not happen overnight. If you're patient and at least make some effort along the way, you'll watch your butt shrink before your eyes. It just takes time."

– Jenny McCarthy, 31, lost 50 pounds*

*Results not typical

For more information, visit www.weightwatchers.com/byebyebabyfat.

- Visit the "Calling All Moms" board under Community to chat with other new moms who are losing weight.
- Enter your zip code in the Meeting Finder to find a meeting near you.
- Check out the Recipe of the Day for delicious and easy meal ideas.