

New Year, New You

# Lose That Baby Fat

## Easy Tips For Weight Loss

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Oh, the joys of parenthood... sweet smiles, heavenly hugs, and memorable moments. Even before having the child, we dream of these delights to come.

But wait! No one warns you that with these lovable children comes a new body with different eating rules. Many moms find themselves unable to lose those last few pounds from pregnancy. In fact, women keep an average of five to 15 pounds from each pregnancy. This can add up quickly if you have more than one child.

So what's the trick? How do you get rid of the leftover weight that seems to want to stay put no matter what you do? Believe it or not, you adopt a series of small changes that work for your new life as a mom, versus what many try to do, which is to go back to how they ate before.

And you may experience differences after each pregnancy. You may have lost all the weight easily with your first, but may have kept some weight on from your second or third. This is where you have to do a reality check – your pre-parenthood days are gone. It's time

for a new set of healthy eating and lifestyle habits. By making some small changes in your daily life, you can (and will) lose the baby fat.

For starters try these:

- **Always eat breakfast at the same time everyday.** Make sure to include whole grains and protein, such as low-fat yogurt with low-fat granola and blueberries (or whatever fruit

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