



MINDFUL

MUMMY FIT

# Kickstart The Post Pregnancy You!

Eat, move and live your way to a happy,  
healthy lifestyle with your new baby.

[mindfulmummyfit.com](http://mindfulmummyfit.com)

# Welcome to the Kickstart The Post Pregnancy You Program



## **Program Content**

1. Golden Rules To A New Healthy Lifestyle, Post Partum!
2. Energy Boosting Healthy Snack Ideas
3. Losing Your 'Baby Weight'
4. Post Pregnancy Body Repair Workout

# Safety Info

All physical activity involves a potential risk of injury. Participants must therefore take all reasonable care during exercise. Participants should seek the advice of their doctor, or equivalent healthcare professional, before beginning any form of exercise, including the plan contained in this program.

The exercise movements described herein are safe when performed correctly. However, participants must ensure that the equipment and facilities they use are fit for their purpose. You should adhere to the safety guidelines outlined in this program and any required by the equipment manufacturer. We take no responsibility for injury to persons or property consequent upon the advice and information included herein. You should not share this program via any means.

# Exercising Post Pregnancy

Participants should delay commencing this program until they have received their 6 week, post-natal check from their healthcare professional.

During pregnancy, your bodies change to accommodate your growing baby. As part of this it is common to experience 'diastasis recti', the separation of the abdominal muscles down the centre line.

It is important to bring these muscles back together to prevent future injuries and back problems.

You can check how separated your muscles are by doing the following:

1. Lie on your back with your legs bent and your feet flat on the floor.
2. Raise your shoulders off the floor slightly and look down at your tummy.
3. Using the tips of your fingers, feel between the edges of the muscles, above and below your belly button. See how many fingers you can fit into the gap between your muscles.

Do this regularly to make sure the gap is closing.

# Golden Rules

# Golden Rules to a New Healthy Lifestyle, Post Partum!

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Sometimes adopting a healthy lifestyle, depending on our starting point, can be quite a daunting prospect. We often make the decision to change, then go all out making drastic changes that we can't sustain. We give up when our will power runs out!

You can make this different after becoming a mum by wanting to do it forever this time.

Aim to be the best role model that you can possibly be for your children. Use this as motivation so your children don't grow up in that constant cycle of temporary diet and then 'eat mindlessly' then diet again and so on and so on.

We can help you to break that yo-yo diet cycle, not just for you but for your future generations.

So, this time, you start to make changes, make smaller, more simple changes, that you're confident that you can adhere to long term. Build these habits up over time until they become a part of who you are.

So, don't rush to do all these things at once, just pick one and do it until it becomes a habit, then pick one more, and so on. Taking small steps towards your new healthy life means that you have more chance of the habits sticking, and lasting forever.

Remember you didn't gain weight overnight during pregnancy, so give yourself time to lose it. Each day you are a step closer to your forever, happy, healthy lifestyle.

Get the lifestyle right and the body and mind you want will follow!

### **1. Get your five a day every day (and more if you can)**

Did you know that 80g of fruit or vegetables counts as one portion of your five a day. Fresh, frozen and tinned fruit and veg all count; as does fruit juice, but we can only count fruit juice once (a 150ml portion), due to its high sugar content – high sugar = more calories. And whilst we all love spuds, sadly potatoes do not count as one of your five a day.

# Golden Rules to a New Healthy Lifestyle, Post Partum!

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If you feel peckish snack on a piece of fruit or raw veg, to up your daily total – carry a couple of pieces of fruit in your bag, in case you get peckish when you're out and about.

Try and eat a rainbow every day – different coloured fruit and vegetables contain different vitamins and minerals, therefore varying the fruit and vegetables that you eat makes sure you get a good variety of vitamins and minerals in your diet, boosting your immunity and making sure everything functions as it should.

## **2. Replace processed foods with whole foods wherever possible**

Highly processed foods are unfortunately low in fibre, vitamins and minerals. This is because the way they are processed destroys these nutrients, until pretty much all that is left is calories. The food we eat should nourish our bodies, not just fill our tummies, so it's important to minimise eating these highly processed foods wherever we can.

An easy way to spot highly processed foods is by checking the label – anything that has lots of ingredients in it that doesn't look like the name of a real food, should be avoided.

Whole foods are foods which are as close to the state they were in when they came off the land as possible – they have undergone minimal processing and therefore have retained many more of their nutrients than foods which undergo lots of processing.

Not only do whole foods contain more vitamins and minerals than processed foods, they are higher in fibre too, which helps us to feel fuller and aids our digestion. Whole foods are also thought to aid gut health – allowing the good bacteria in our guts to proliferate, meaning the bad bacteria doesn't have space to grow.

The more 'good' gut bacteria we have the healthier we are. Studies into gut bacteria are still ongoing but there is evidence to suggest there are links to all sorts of health benefits if we have a good strong gut flora. Early studies are linking with reduced risk of obesity, increased nutrient uptake, and protection for some of our other organs such as the heart, kidneys and brain.

Fruit, vegetables, whole grains, pulses, wholemeal bread, pasta and cereals, brown rice, nuts and seeds are all whole foods. Don't worry about trying to introduce all these into your diet at once, if you don't already eat them, just try swapping one thing out at once.

# Golden Rules to a New Healthy Lifestyle, Post Partum!

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## 3. Water is the world's best tonic!

When we are well hydrated, we feel less tired (ideal when we now share our lives with a little sleep thief!) and can help us to think more clearly. Being well hydrated is also key to having a good milk supply if we are breastfeeding, so make sure you keep the water levels topped up when feeding. You can check you are well hydrated when you have a wee – if it's a pale-yellow colour you're ok, if it's heading to orange or brown, you need to top up your water levels.

Also, water helps us to lose weight.... Drinking water with a meal fills the gaps around the food in our tummies, helping us to feel fuller, and if we sip water between meals, it can stop us reaching for those unhealthy snacks when we don't really need them. Drinking cold water also boosts our metabolism, helping us to burn through calories.

If you don't like water then any other liquid is fine but beware of sneaky calories getting in – fizzy drinks, fruit juices and fancy coffees or milk shakes are loaded with calories, so remember to check what you are drinking especially if you do want to get to a healthy weight. And go easy on caffeinated drinks – you don't want to be up all night because you're on a caffeine high.

## 4. Get active!

Aim to be active for at least 30 minutes every day. You don't need to be doing a full-on intense workout for this. Nice, gentle exercise with your baby is ideal – pushing your pram out for a walk every day will not only do you the world of good, but the fresh air will do wonders for your baby too.

The benefits of physical activity are infinite... not only does increased physical activity reduce a myriad of health risks, improve our sleep and help to maintain a healthy weight, but it also improves our mental health. And research now also tells us that exercising out in green (woodland or gardens) or blue (water) spaces boosts our wellbeing even more – so getting out in the fresh air really is good for you!

Make sure your health care professional has given you the ok to start exercising again, before you do anything too strenuous, then check out the mini-workout at the end of this guide, to repair your body post-pregnancy.



# Golden Rules to a New Healthy Lifestyle, Post Partum!

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## 5. Become calorie aware!

Now by this I don't mean becoming a slave to calorie counting, but you need to have an awareness of how much your body needs to either maintain or lose weight (depending on your goals) and then an awareness of how the food and drink you consume fits in with that. For this you need to start learning about the food that you love eating and find those lower calorie options if you need to.

A great way to become calorie aware is to keep a food diary, recording what you eat and drink each day, as you eat it, and then finding out how many calories are in it. You will soon start to make better choices, when you work out where those foods are that you love eating, that contain less calories and more nutrients.

Getting into a calorie deficit through what we eat and drink, is the only way to affect weight loss, so if you are looking to lose some pregnancy pounds, use our tool later in this guide, to work out how many calories you should be consuming.

## 6. Get your sleep when you can!

Easier said than done I know. You may have other children or family members to care for, you may have already gone back to work, but if you don't get your sleep you are no good to anyone else who needs you. A happy, healthy mum, makes for a happy, healthy family.

Getting yourself in a good sleep routine not only helps you to feel rested but it will help to reduce cravings for high sugar, high fat foods. When we are well rested we are able to make better choices around foods, our stress levels are reduced, and the hormones that make us feel full or hungry are kept in the right balance.

So, the dusting can wait, if baby's napping, you nap, to make sure you are feeling as rested as you can. A clean and tidy house is only ever clean and tidy for about ten minutes a day anyway in my experience, if there are children (and partners!) around, so don't stress over tidying up when you could be having 40 winks to make you feel more able to deal with the world.

## Golden Rules to a New Healthy Lifestyle, Post Partum!

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Other tips for ensuring you get into a good routine with your sleep is to minimise screen time before bed. We have a rule in our house – all phones go into the kitchen and are plugged in at 9pm. No-one takes a phone or device to bed. It removes temptation to screen-scroll until too late, and ensures our brains are wound down and ready for sleep. If we wake in the night, we can't pick up the phone and start scrolling either, and there are no distractions of notifications pinging through the night.

Things like reducing caffeine in the late afternoon also help to get a restful nights sleep, along with setting a good bedtime routine for everyone – not just baby. Bath or shower, warm drink, relax and bed allows your body to learn the cues for sleep. The more you practice it the easier sleep comes.



# Energy Boosting Healthy Snack Ideas

# Energy Boosting Healthy Snack Ideas

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When you are a mum on-the-go it's all too easy to grab those high sugar, high fat snacks to get us through the day. Often you might find that you don't have time to eat properly, which leaves you bingeing later in the day on unhealthy foods, just to fill you up.

Not only is there not much good nutrition in these high sugar high fat foods, but if we eat too many of them, they also cause us to gain weight.

I know you haven't got time to be prepping everything from scratch, so you need easy to eat, nutritious foods, that you can grab and go or throw in your bag, to stop you ordering that caramel macchiato and a chocolate chip muffin, when you pass the Starbucks drive-thru.

To help get you through the day I have put together my top 5 go to easy-to-prepare snacks that help me to keep my energy levels up, my blood sugar balanced and my hands out of the biscuit tin or treat cupboard.

**1. Bananas** – Bananas are your friend!! They fill you up and are loaded with fibre, potassium, vitamin B6 (which helps our cells to utilise energy properly), and antioxidants and phyto-nutrients, which help to reduce disease and inflammation in the body. They also double up as a great weaning food for little ones, once the time comes.

**2. High Protein Yogurts** – In a pot or in a pouch, high protein yogurts are really versatile. They can be eaten for a filling breakfast, quick lunch, an on the go snack or even a pudding. The high protein levels keep your metabolism firing (helping to crash through calories) and keep your tummy full up. What's not to love about them!

# Energy Boosting Healthy Snack Ideas

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**3. Peanut Butter And Jam On Seeded Wholegrain Toast** – This has to be one of my favourite snacks. Peanut butter on its own is not my thing... but the saltiness of the peanut butter mixing with the sweetness of the jam.... Hmm hmmm!!

It's so quick to make, and gives you a real energy boost, whilst being packed with nutrients. Seeded whole grain bread and peanut butter is literally bursting with fibre, vitamins, minerals and healthy fats – giving us a vast range of health benefits and keeping our blood sugar nice and even, so there are no sugar crashes with this snack.

This is another great weaning food too – as long as there are no nut allergies in your family.

**4. Boiled Eggs** – Little hard boiled pockets of protein! I love boiled eggs as a snack – they make a great addition to a picnic on a day out too. And you can prep way ahead for these, as once you have hard-boiled them, they will last in the fridge for up to 7 days.

So you could boil a batch once a week, and have ready-made snacks to eat all week long.

Boiled eggs are really quite filling and low in calories (between 60 and 80 calories per egg, depending on the size) so are an all-round winner. And guess, what another great weaning food too!

**5. Fruit And Nut Shot Packs** – These are the sorts of things that are always by the checkouts in supermarkets, so I always throw a couple on the conveyor belt as I am going through, to make sure they are always to hand.

One of these shot packs usually comes in around the 100 calorie mark, so they are never too damaging on the calorie front. Dried fruit and nuts are again really nutritious.

Dried fruit is high in iron (something we can lack when we have given birth), fibre, vitamins A and C, calcium and potassium. Nuts are loaded with healthy fats, minerals and fibre.

The only temptation with dried fruit and nuts is to eat lots of them, leading to over consumption of calories, which is why I recommend the convenient shot packs over the regular bags.

Whilst whole nuts aren't recommended for children under 5, dried fruit does make a great snack for little ones, just make sure you cut them up for babies under 1 years old.

# Losing Your 'Baby Weight'

# Losing Your ‘Baby Weight’

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Losing your baby weight is often at the forefront of your mind and that desire to get back into our pre-baby jeans as quickly as possible will never be far from your thoughts.

Motherhood changes your body, you may have marks and scars on your body that you never had before, and you need to learn to love what the gift of motherhood has given you.

However, being a healthy weight is important for your own health and for your family's too. A healthy, active lifestyle improves your chances of leading a long life without illness, and we want you to be around to support your family long into the future. It might seem a tremendously long way off yet, but at some stage you may have grandchildren and maybe even great-grandchildren to look after!

Getting to a healthy weight (or near to it) and staying there is something many new mums want. To do it for good, you will definitely need to avoid the fad diets, and crazy exercise plans to do something that will stick forever.

Luckily for you, you do not need qualifications in nutrition, but you do need to know about energy balance. When you do, and it sinks in, it will be like a light bulb has just been switched on inside your head. All of a sudden it will become clear – if you can just eat a specific amount of calories you can lose weight, then remain there.

So, here begins your learning process of finding the right sorts of foods for the right sorts of calories for you, and making better choices most of the time. Don't worry, we can help you!

### **How many calories do you need?**

There is a specific calculation to determine how many calories you need in order for you to maintain your weight at its current state. From there a deduction is made, to create a calorie deficit.

You can find out how many calories you need to safely but expediently lose weight by visiting the Calorie Deficit Calculator on our sister site at [mybeststrong.com/calculator](https://mybeststrong.com/calculator)

# Losing Your ‘Baby Weight’

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## What about breastfeeding?

If you are breastfeeding you may need an additional 200-500 calories a day.

My advice would be to choose and eat your ‘lose weight’ calories at [mybestrong.com/calculator](https://mybestrong.com/calculator) and then add 500 calories breastfeeding allowance – the main priority is to keep your baby well fed.

If you aren’t losing weight after three weeks, reduce it by 100 calories a day and see what effect that has. Keep reducing it by 100 calories a day over a period of time, until you start to achieve weight loss, but can still maintain a good milk supply. Never go under the weight loss calories that have been calculated for you at [mybestrong.com/calculator](https://mybestrong.com/calculator)

Weight loss should be slow – 1-2lbs a week is more than enough. The priority is ensuring your baby is fed and you are well nourished. Whilst it may take you a little longer to see weight loss, by using this method, you are ensuring your baby is still being well nourished and you will have sufficient milk supply. This, after all, is your number one priority.

## Exercise vs Eating

Many people think that exercise is the best way to lose weight. Let’s get this clear – it is almost impossible to exercise your way to weight loss.

The calorie deficit required to achieve weight loss cannot be achieved by exercise alone, you must do it by ensuring that the calories in the food & drink you put in your mouth, does not exceed your daily energy requirements. If you consume more calories than your body needs, you gain weight. If you consume less than your body needs, you lose weight.



# Losing Your ‘Baby Weight’

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To ensure you are getting the correct calorie intake you need to check food labels, and work out how many calories are in the foods and drinks you are consuming. Keep a record throughout the day, as you eat it, then you don't ‘forget’ what you have eaten.

If you don't want to write it down, you could split your calories up in to breakfast, lunch, evening meal and snack calories, then always aim to be around that mark for the choices that you make.

It is recommended that you have 20% of your calories for breakfast, 30% for your lunch, 30% for your evening meal and 20% for your total snacks.

## Take your time

Don't rush to get back down to a healthy weight- doing it slowly means you are more able to enjoy your new life with your baby, and learn how to keep the new habits up and the weight off, forever.

In doing it this way you are setting an amazing example for your family, on how to live a long, happy and healthy life.



Post Pregnancy  
Body Repair  
Workout

# Post Pregnancy Body Repair Workout

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This five exercise, 15 minute workout, will allow you to start to rebuild your core muscles following pregnancy. It is quite common for our abdominal muscles to separate down the centre line of our stomach (called diastasis recti), and it is crucial that these come back together again to prevent further problems with our back muscles in the future.

All of your core muscles can take a bit of a battering in pregnancy, so you need to get the core functioning and strong again, to ensure you are fit and strong enough to look after your children as they start to become more active.

### 1. Diaphragmatic Breathing

Begin by lying on your back. Place your hands on top of your lower ribcage and inhale.

Feel the diaphragm make the lower ribs expand into your hands, as you inhale, especially out to the sides. As you exhale, concentrate on contracting your diaphragm, creating a “corset effect.”

*Repeat this ten times.*

### 2. Cat-Cow

Start on your hands and knees with your wrists directly under your shoulders, and your knees directly under your hips. Point your fingertips to the top of your mat. Place your shins and knees hip-width apart. Centre your head in a neutral position and soften your gaze downward.

Begin by moving into Cow Pose: Inhale as you drop your belly towards the mat. Lift your chin and chest, and gaze up toward the ceiling (as if you are a cow mooing!) Broaden across your shoulder blades and draw your shoulders away from your ears.

# Post Pregnancy Body Repair Workout

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Next, move into Cat Pose: As you exhale, draw your belly to your spine and round your back toward the ceiling. The pose should look like a cat stretching its back.

Release the crown of your head toward the floor, but don't force your chin to your chest.

Inhale, coming back into Cow Pose, and then exhale as you return to Cat Pose.

*Complete ten cat-cow transitions.*

## 3. Bird Dog Holds

If you do this correctly it is harder than it looks – but it is great for activating the core and improving the strength of our stabilising muscles.

Begin on all fours in the tabletop position. Place your knees directly under your hips and your hands directly under your shoulders.

Maintain a neutral spine by engaging your abdominal muscles. Draw your shoulder blades together.

Raise your right arm and left leg, keeping your shoulders and hips parallel to the floor.

Lengthen the back of your neck and tuck your chin into your chest to gaze down at the floor.

Hold this position for a few seconds, without letting your tummy sink towards the floor or your back to arch. It is important to keep all the core muscles engaged to keep your torso as stable as possible (that's the hard part!)

Then lower back down to the starting position.

Repeat on the opposite side by raising your left arm and right leg, and again hold this position for a few seconds keeping your torso stable. Return to the starting position. This is one round.

*Complete 10 rounds of this exercise.*

# Post Pregnancy Body Repair Workout

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## 4. Postpartum Planks

This is like a regular plank but we make it easier by reducing the impact of gravity on our body. As we get stronger, we can take our shoulders and arms lower and closer to the ground to make it more challenging.

Your options for starting points are:

- Forearms leaning against a wall
- Forearms on the kitchen worktop or table
- Forearms on the back of a chair
- Forearms on the seat of a chair
- Forearms on your stair step
- Forearms on the floor

The closer to the floor you get the more challenging this is. When performing the exercise look down at your tummy and check there is no bulging down the centre line. If there is, take it back a step to a version that is less challenging.

The Plank:

Rest your forearms on your chosen surface and take your legs and feet out straight behind you creating a straight diagonal line from your shoulders to your heels.

Engage your glutes and core. Contract your deep abdominal muscles, bring your belly button towards your spine, and tighten your buttocks and upper body. Breathe normally and hold for 30 seconds.

*Repeat this 4 times.*

# Post Pregnancy Body Repair Workout

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## 5. Kegels

Place your elbow directly underneath your shoulder and stack your top leg in front of your back leg, so both feet are touching the floor.

Make sure your shoulders and hips are stacked so they are in line with your head and feet.

Keep breathing and drawing in your core as you hold this pose. Don't hold for longer than 15 to 20 seconds to start.

*Repeat this 10 times.*

