

# how to lose weight when you pregnant

The quest for how to lose weight when you pregnant can be a complex and sensitive topic, often met with conflicting advice. It's crucial to understand that while weight gain is a normal and essential part of a healthy pregnancy, in some specific circumstances, managing or even slightly reducing weight under strict medical guidance might be considered. This article delves into the nuances of pregnancy weight management, focusing on healthy practices, the importance of medical supervision, and distinguishing between necessary weight gain and excessive accumulation. We will explore nutritional strategies, safe exercise routines, and the critical role of healthcare providers in ensuring the well-being of both mother and baby. Understanding these elements is paramount for any expectant parent navigating this unique phase.

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## Understanding Healthy Pregnancy Weight Gain

Pregnancy is a time of significant physiological change, and a healthy amount of weight gain is not only normal but also crucial for the development and nourishment of your growing baby. The recommended weight gain varies based on your pre-pregnancy Body Mass Index (BMI). Generally, underweight individuals are advised to gain more, while those who are overweight or obese may have a lower recommended gain range. This weight gain supports the growth of the fetus, the placenta, amniotic fluid, increased blood volume, and maternal tissue development, such as the uterus and breasts.

It is a common misconception that pregnancy is a time to "eat for two," leading to excessive calorie intake. While nutritional needs do increase, they are not double. Focusing on nutrient-dense foods rather than calorie-heavy, empty-calorie options is key. The goal is not weight loss during a typical, uncomplicated pregnancy, but rather to achieve a healthy rate of weight gain that supports a thriving pregnancy. Monitoring your weight gain trajectory with your healthcare provider is an essential part of prenatal care.

## When Weight Loss Might Be Discussed: Medical Conditions

In the vast majority of healthy pregnancies, the focus is on appropriate weight gain, not weight loss. However, there are specific medical conditions or severe circumstances where a healthcare provider might discuss weight management strategies, which could, in rare cases, involve a slow and carefully monitored reduction. This is never undertaken without direct medical supervision.

One such scenario is hyperemesis gravidarum, a severe form of morning sickness characterized by persistent nausea and vomiting, leading to significant weight loss and dehydration in early pregnancy.

Treatment focuses on managing the symptoms and ensuring adequate hydration and nutrition, which may involve hospitalization and intravenous fluids. In some cases, weight loss might be an initial consequence of this condition, but the primary goal is stabilization and preventing further loss.

Another instance where weight management may be discussed is in cases of pre-existing obesity or gestational diabetes that is poorly controlled. While the primary aim is still healthy fetal development, managing excessive maternal weight gain can be important for reducing risks associated with these conditions, such as preeclampsia or a very large baby (macrosomia). In such specific, medically-indicated situations, a healthcare provider might recommend a very cautious approach, focusing on improved dietary quality and gentle exercise, rather than aggressive dieting. It is imperative to reiterate that any discussion of weight reduction during pregnancy must originate from and be managed by qualified medical professionals.

## **Nutritional Strategies for Healthy Pregnancy Weight Management**

The cornerstone of healthy pregnancy weight management, whether the goal is controlled gain or preventing excessive gain, lies in a balanced and nutrient-rich diet. The focus should always be on nourishing both the mother and the developing baby, rather than on restrictive dieting. This involves making smart food choices that provide essential vitamins, minerals, protein, and healthy fats.

Prioritizing whole, unprocessed foods is paramount. This includes lean proteins like chicken, fish (low in mercury), beans, and tofu; plenty of fruits and vegetables of various colors; whole grains such as oats, quinoa, and brown rice; and healthy fats found in avocados, nuts, seeds, and olive oil. These foods provide sustained energy and essential nutrients without excessive calories.

Hydration is also a critical component. Drinking plenty of water throughout the day helps with digestion, nutrient absorption, and can help manage hunger cues. Limiting sugary drinks, processed snacks, and excessive saturated and trans fats is advisable. These empty calories contribute to unnecessary weight gain and offer little nutritional value. Smaller, more frequent meals can also help manage hunger and prevent overeating at main mealtimes. Consulting with a registered dietitian or nutritionist experienced in prenatal nutrition can provide personalized guidance tailored to individual needs and dietary preferences.

## **Safe Exercise for Pregnant Individuals**

Engaging in regular, safe physical activity during pregnancy offers numerous benefits, including improved cardiovascular health, better weight management, reduced back pain, and preparation for labor and delivery. The key is to choose activities that are appropriate for your fitness level and modify them as your pregnancy progresses.

Low-impact exercises are generally recommended. These include walking, swimming, prenatal yoga, and stationary cycling. These activities are less likely to cause joint strain or increase the risk of falls. Before starting any new exercise program or continuing an existing one, it is essential to discuss it with your healthcare provider. They can advise on any specific precautions or exercises to avoid based on your individual health status and pregnancy.

Listen to your body is crucial. Pregnant individuals should avoid exercising to the point of exhaustion and stay well-hydrated. Warning signs such as vaginal bleeding, dizziness, chest pain, or contractions should prompt an immediate cessation of exercise and consultation with a doctor. As the pregnancy

advances, exercises that require lying flat on the back should be avoided due to the potential for supine hypotensive syndrome.

## **The Vital Role of Your Healthcare Provider**

Navigating pregnancy, including any concerns about weight, necessitates close collaboration with your healthcare provider. Doctors, midwives, and obstetricians are trained to assess your individual health, monitor your pregnancy, and provide expert advice. They will track your weight gain at each prenatal appointment and compare it to established guidelines.

Your healthcare provider is your primary resource for personalized guidance. They can assess your pre-pregnancy weight, identify any underlying medical conditions that might influence weight, and recommend appropriate nutritional intake and physical activity levels. If there are concerns about excessive weight gain or any other weight-related issues, they will be the first to identify them and suggest a course of action.

Never attempt to lose weight or significantly alter your diet during pregnancy without explicit medical approval. The health and development of your baby are the top priorities, and any drastic measures could be harmful. Open communication with your healthcare team is key to ensuring a healthy and safe pregnancy for both you and your child.

## **Common Concerns and Misconceptions**

There are several common concerns and misconceptions surrounding weight during pregnancy that can cause unnecessary anxiety. One prevalent myth is that pregnant individuals must gain a large amount of weight, often interpreted as "eating for two," which can lead to overconsumption and unhealthy weight gain. In reality, the caloric needs increase moderately, particularly in the second and third trimesters, and the focus should be on nutrient quality, not just quantity.

Another concern is the pressure to return to a pre-pregnancy weight immediately after delivery. Postpartum recovery is a significant process, and it takes time for the body to heal and adjust. It is generally advisable to focus on nourishing yourself and gradually regaining strength rather than embarking on restrictive diets or intense exercise too soon after giving birth.

The idea that all weight gain is purely "fat" is also a misunderstanding. A significant portion of pregnancy weight gain consists of the baby, placenta, amniotic fluid, increased breast tissue, increased blood volume, and fluid retention. Understanding the components of pregnancy weight gain can help alleviate anxieties and promote a more realistic perspective.

### **FAQ**

#### **Q: Is it safe to try and lose weight when pregnant?**

A: Generally, it is not recommended to actively try to lose weight during a healthy pregnancy. The focus should be on healthy weight gain to support the baby's development. Only in very specific medical situations, and under strict supervision by a healthcare provider, might weight management strategies be discussed, but this is rare and never involves aggressive dieting.

## **Q: What if I was overweight before getting pregnant?**

A: If you were overweight or obese before pregnancy, your healthcare provider may recommend a lower overall weight gain target compared to someone with a lower pre-pregnancy BMI. They will guide you on appropriate nutrition and exercise to ensure healthy growth of the baby while managing your weight gain.

## **Q: How much weight gain is considered normal during pregnancy?**

A: Normal weight gain varies based on your pre-pregnancy BMI. For someone with a healthy BMI, a total gain of 25-35 pounds is typical. For those who are overweight, the recommended gain is usually between 15-25 pounds, and for those with obesity, it might be 11-20 pounds. Your doctor will provide personalized recommendations.

## **Q: What are the risks of gaining too much weight during pregnancy?**

A: Gaining excessive weight during pregnancy can increase the risk of complications such as gestational diabetes, preeclampsia, a larger than average baby (macrosomia), difficulties with labor and delivery, and postpartum weight retention.

## **Q: Can I follow a diet to manage my weight during pregnancy?**

A: Restrictive dieting is generally not advised during pregnancy due to the potential lack of essential nutrients for the baby. Instead, focus on a balanced, nutrient-dense diet and consult your healthcare provider or a registered dietitian for personalized advice on healthy eating habits that support a healthy pregnancy weight.

## **Q: What role does exercise play in pregnancy weight management?**

A: Regular, safe exercise can play a significant role in managing weight gain during pregnancy, helping to maintain a healthy rate of increase, improve mood, and prepare the body for labor. Low-impact activities like walking, swimming, and prenatal yoga are often recommended. Always get medical approval before starting or continuing an exercise program.

## **Q: What if I experience severe nausea and vomiting and am losing weight?**

A: Severe nausea and vomiting, known as hyperemesis gravidarum, can lead to unintended weight loss. If you are experiencing significant vomiting and weight loss, it is crucial to contact your healthcare provider immediately, as this condition requires medical attention to ensure you and your baby receive adequate hydration and nutrition.

## Q: Should I be concerned about my weight if I have gestational diabetes?

A: If you have gestational diabetes, managing your weight gain is an important part of managing the condition. Your healthcare team will work with you to create a meal plan and exercise regimen that helps control blood sugar levels and promotes healthy weight gain.

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**how to lose weight when you pregnant: Weight Loss After Pregnancy** Helena Sae, 2014-07-01 From desk of: Helena Sae If you want to safely drop those extra pounds and inches you gained while pregnant... without wasting money and time on dangerous drugs, stimulants, or gym memberships... this website was written just for you. Here's the story...I Looked In the Mirror And Saw a "Mom Body"... I just had my first child... and although I was so excited about the beautiful little girl I had brought into this world... I wasn't so excited about what it had done to my body! All those "trouble areas" before looked WAY worse now... My thighs looked huge... My stomach wasn't as tight anymore, I had gained at least 10 pounds of tummy fat...My buns weren't holding that nice tight shape... And my breasts were so much bigger... they were starting to sag! How I lost the pounds, toned up, and got my body back! You know, some women just think after you have a baby you have to give up - that you'll never get your nice, slim body back again... Not only is this not true, but it just isn't healthy! I had always enjoyed being physically active before my pregnancy and knew it was healthier to be that way... and I wasn't going to let my baby (who brought so much joy into my life) keep me from being in the healthiest and best shape possible! So I started researching... I became obsessed with reading all the books, magazines, websites and anything else I could get my hands on related to health, fitness and losing weight. And I'm here to tell you...Losing your after pregnancy pounds isn't that hard... It's Easier Than You Think! Turns out losing the weight isn't complicated once you know a few basic principles. In fact, there's a couple things that make losing weight after pregnancy easy for you ... • With your new "baby chores" you're going to be running around a LOT (this is gonna burn lots of calories!)... • The father of your baby is going to be VERY supportive of you dropping those extra pounds and inches you gained during your pregnancy (support is critical!)... • You can take your time to drop the pounds. After all—it took you 9 months to gain the weight so you should be able to take at least 9 months to lose it... • Other moms are usually very supportive and may want to join you in your quest... And, contrary to popular belief, you don't need to have a personal trainer, chef and all the time in the world to get back into shape like some Hollywood star...That's the big secret. In fact, what I discovered is there are only a few key principles and basic strategies that can make you TEN TIMES more likely to lose the weight you want... Here's the problem... There's No Simple Guide, I searched and searched for a good simple guide to dropping those extra pounds.You know, a booklet that was low on fluff and just tells me what I need to know about getting back into shape. I don't want to know all the scientific details, or read a university-level course on body composition or physiology, etc. I just want to know...what are the basic tips that fitness pros know that would make it easier to drop my extra weight—FAST? Just

teach me those tips, was what I was thinking. I couldn't find such a booklet. So I compiled all my research, and had one created! The Pro Secrets Of Losing Your Pregnancy Weight -- Safe, Fast and Effectively! This is the guide I was looking for but couldn't find. It's called Weight Loss After Pregnancy. And here's just some of what's inside... • Why celebrities can easily lose post-pregnancy weight... and how you can put their secrets to work for you (pages 8-11) • How your regular “new mommy” chores and duties are the key to your fast weight loss! - You’re probably already getting enough exercise---you’re just not doing this one thing right. (page 11-13) • 4 factors you should seriously consider - Before you start your weight loss regime (it will make the whole process a lot easier on you and your new family!) (page 15) • Why you as a mother need a weight loss program different from anyone else - and exactly what you should be looking for to ensure you and your baby stay as healthy as possible (pages 20-22) • Nutrition 101 - Discover how to ditch diets for good and determine what foods are good for you in the long run to not only lose weight—but grow healthier every day (pages 22-24) • To Exercise or not exercise? If you want the weight to melt off, as quickly as possible, you should exercise—follow these guidelines to determine what will work best for you (pages 24-26) • How to keep yourself from getting depressed, discouraged, and downtrodden when trying to lose weight—and what you can do to remain optimistic even when it gets really tough! (pages 29-32) • 5 Easy Ways to lose weight—Best part? You’re probably doing at least 3 out of 5 of them already, but here’s how to make them eliminate fat for you almost automatically (pages 32-38) • 6 “Do’s and Don’ts” for changing your diet. Following these 6 tips will make you lose weight almost automatically—without having to follow the latest fad diet or eating unhealthily! (pages 39-48) • Ten Easy Recipes... That are not only delicious, healthy and help you lose weight... but... you can actually find the time to cook these even while taking care of your baby full-time! (page 52-60) • 5 guidelines to follow before you start any exercise program (pages 62-63) • Easy and Effective Exercises you can do WITH your baby to burn fat and lose inches... Can’t get time away from your child? Exercise with her! (pages 63-69) • 10 simple exercises you can do at home, without any equipment... Set the baby down and do these exercises to melt fat and tone up your hips, buns, legs, and tummy! (pages 66-67) This just scratches the surface of what's in the book. I give you everything you need to drop those extra pregnancy pounds and inches... FAST! Cheers...

**how to lose weight when you pregnant: Your Vegetarian Pregnancy** Holly Roberts, 2008-06-30 With this unique and accessible handbook, you can be confident that your vegetarian pregnancy will be wonderfully beneficial for both you and your baby. Fulfilling every nutritional guideline recommended by the American College of Obstetrics and Gynecology, Your Vegetarian Pregnancy is the first authoritative guide to maintaining a healthy plant-based diet before, during, and after the birth of your child.

**how to lose weight when you pregnant: Pregnancy For Dummies** Jane Palmer, Joanne Stone, Keith Eddleman, Mary Duenwald, 2012-01-10 Your complete guide to having a healthy, happy pregnancy This updated and expanded third edition of Pregnancy ForDummies offers mothers-to-be practical advice and expert guidance on every stage of their pregnancy — and beyond! Understand what's happening with your baby and your body, and be guided through what to expect from labour, birth and becoming a new parent. Follow your baby's development — understand the changes you and your baby go through during all three trimesters Research your birth options — make informed choices that best suit your needs Care for your baby before birth — eat well and keep active during pregnancy Prepare for the birth of your baby — know what happens before, during and after labour Look after your newborn — find advice on breastfeeding and bringing your baby home Keep up with current issues —identify issues facing mothers today, such as returning to work or having children later in life Get expert advice on special situations — meet the challenges of multiple births, problems during pregnancy or miscarriage Open the book and find: Ways to increase your chances of getting pregnant Clear illustrations of how the body changes during pregnancy Advice for managing pre-existing conditions during pregnancy Discussion about complementary and alternative therapies Simple explanations of your birth options Information about parental leave entitlements Websites to access further support

**how to lose weight when you pregnant:** *Pregnancy Cooking and Nutrition For Dummies* Tara Gidus, 2011-10-11 100 recipes to keep moms-to-be on the road to tasty, proper, prenatal nutrition Pregnancy Cooking & Nutrition For Dummies helps moms-to-be eat tasty meals while maintaining nutritional balance. Going beyond most books on the shelf, you'll get not only 100 recipes and tips on how to supercharge family favorites (by making them even more healthy and nutritionally balanced) but also answers to such questions as: what is healthy weight gain; what meals help to overcome morning sickness; what are nutritionally sound snacks to satisfy cravings; what foods should be avoided to control heartburn and gas; and how to maintain nutritional balance with recommended amounts of the best vitamin, mineral, and organic supplements. From seafood to eggs to unpasteurized cheeses, the list of foods pregnant women should avoid is not only long, but confusing. Pregnancy Cooking & Nutrition For Dummies gives you the lowdown on what to eat, what not to eat, and why. Additionally, it discusses how those with special diets (e.g. vegetarians, those with food allergies, etc.) can still follow good nutritional guidelines and address their unique nutritional needs — as well as those of their unborn child. 100 recipes to get you started on the road to tasty, proper, prenatal nutrition Helps you better understand and address the nutritional needs of yourself and your unborn child Shows you how to create a stable and nutritious diet Pregnancy Cooking & Nutrition For Dummies provides pregnant mothers with the resources and advice they need to create a stable and nutritious diet that addresses both their needs and those of their unborn child.

**how to lose weight when you pregnant:** *Eat Well, Lose Weight While Breastfeeding* Eileen Behan, 1992 Behan shows the nursing mom how to shed pounds and work on getting her figure back while keeping her child properly nourished and happy, with the revolutionary program she devised for herself in order to lose 52 pounds while nursing.

**how to lose weight when you pregnant:** *Pregnancy All-in-One For Dummies* The Experts at Dummies, 2016-05-16 Your all-encompassing guide to having a happy, healthy pregnancy Are you an expectant parent looking for sound, expert guidance as you prepare to welcome a new addition to your family? Pregnancy All-in-One For Dummies has done the legwork for you, offering a one-stop compilation of the hottest topics and most relevant information culled from several successful For Dummies pregnancy titles. Covering everything from conception to the delivery room—and beyond—it gives moms and dads-to-be the reassuring answers they need during this very special time. Your pregnancy and childbirth experiences should be happy ones, but they're bound to be rife with questions—especially if you're a first-time parent, having a child later in life, or embarking on your first multiple birth. Luckily, this friendly guide is here to put your mind at ease, offering authoritative coverage of everything you can expect to encounter in the first, second, and third trimesters of pregnancy, as well as all the special considerations you may come across along the way, such as diet, exercise, labor and delivery options, breastfeeding, and so much more. Make pregnancy and childbirth an enjoyable experience Find out about nutrients that are critical to your baby's development Get authoritative guidance on making a birth plan Why turn to dozens of pregnancy resources when all the helpful, down-to-earth guidance you're looking for is right here, in one convenient place?

**how to lose weight when you pregnant:** *Complete Guide to Healthy Pregnancy* Mr. Rohit Manglik, 2024-07-30 An all-in-one manual for expecting mothers covering prenatal care, nutrition, fetal development, common issues during pregnancy, and childbirth preparation.

**how to lose weight when you pregnant:** *The Whole Pregnancy Handbook* Joel Evans, Robin Aronson, 2005-04-21 At last, everything you need to know about the latest in alternative and conventional healthcare before, during, and after pregnancy—in one comprehensive, jargon-free guide. Whether you embrace the philosophy that mind, body, and spirit work together to promote good health or you're just looking for a way to have the healthiest, most comfortable pregnancy possible, *The Whole Pregnancy Handbook* has the information you need to make educated decisions and take charge of your prenatal care. *The Whole Pregnancy Handbook* features Complementary treatments and techniques to improve your pre-conception health and fertility, such as nutritional

medicine, mind-body medicine, acupuncture and herbal medicine Comprehensive and compassionate information about genetic and prenatal testing Techniques such as massage, accupressure, herbal medicine, and mind-body exercises to help you relax and feel more comfortable as your pregnancy progresses A fully illustrated chapter on prenatal yoga with pose variations for all three trimesters. How your pregnancy unfolds month by month and how you can connect with your baby while you're expecting The best practices of doulas and midwives The pros and cons of giving birth in a hospital, birthing center, or at home Effective pain management for your labor—from epidurals to hypnotherapy Everything you need to know about inductions, assisted deliveries, and C-sections What happens postpartum—physically and emotionally Candid recollections and insights from other moms and patient stories from Dr. Evans's practice, The Center for Women's Health The Whole Pregnancy Handbook is an informative and reassuring guide that will empower you to combine the best of conventional and alternative medicine with confidence at every stage of pregnancy. On the web: <http://www.wholepregnancy.com>

**how to lose weight when you pregnant:** The Art of Pregnancy Ilianne Walroth, 2013-10-01 The Art of Pregnancy is a book every pregnant woman should have. It's a book written in a subtle and pleasant prose, like a friendly conversation from one Mom to another. And, elevating the book to an incomparable artistic level, the text is accompanied with spectacular photographs, fascinating artwork, and an exceptional graphic design. This book will fill the heart of the pregnant woman with love; it will make her feel more beautiful than ever; it will make her fall in love with her pregnancy; it will reinforce her sense of responsibility; it will help her to lose her fear of childbirth; and most importantly, it will help strengthen the bonds of love with her baby in gestation and her partner. The book begins with a grand story titled "Isabella and the Wondrous Group", that will take the pregnant woman through the exciting journey of conception. In addition, the book contains six chapters: Congratulations! Pregnancy has Arrived at Your Door; Keep Your Spirits Up! A Healthy Body for a Healthy Baby; Beautiful! Enjoy your Pregnancy; Be Careful! Three Enemies of Your Pregnancy are Lurking; Extraordinary! Classes to Prepare for Childbirth; and Get Ready! The Birth of Your Baby is Near. The pregnant woman will discover the magic of motherhood has no barriers, and that pregnancy... is altogether an Art.

**how to lose weight when you pregnant:** Lose Weight by Eating: Detox Week Audrey Johns, 2024-03-19 Lose ten pounds in seven days with this guide to eating better, getting healthy, and reaching (and maintaining) your ideal weight. Dietary detoxes shouldn't leave you hungry, deprived, and desperate to binge on your favorite foods. In this inspiring book, Audrey Johns—author of the blog and popular book Lose Weight by Eating—offers a practical, proven detox plan that encourages you to eat for your cravings, plus 130 delicious, real-food recipes to help you get healthy, eat better, and reach (and maintain) your ideal weight. Audrey knows the plan works because fans who have followed it have lost impressive amounts of weight—some up to eighteen pounds in seven days! Now she expands her popular online plan, turning it into a customizable program that accelerates weight loss and naturally raises metabolism. Detox Diet Week: Lose an average of ten pounds with the original seven-day plan Detox Diet Month: A thirty-day plan that can get rid of those stubborn ten to twenty-five pounds The three-Month Detox Plan: Drop weight fast—up to fifty pounds in ninety days! The Detox Lifestyle: A 365-day plan for maintaining after weight loss Audrey includes dozens of recipes—all under 500 calories per meal—including: English Muffin Sandwiches with Homemade Sausage Patties Ceviche Tostadas • Vegetarian Lasagna • Strawberry Frozen Yogurt Strawberries and Cream Soda • Other crave-worthy delights! Lose Weight by Eating: Detox Week comes complete with tips and tricks for motivation and ease, success stories from real people who have shed the pounds, and handy shopping lists and meal planners so you can stay on track to achieve and maintain your goals.

**how to lose weight when you pregnant:** Pregnancy Cookbook Revised And Expanded Hope Ricciotti, Vincent Connelly, 2002-06-04 Offers information on vitamin and mineral intake, exercising, and minimizing morning sickness, and includes recipes for before, during, and after pregnancy.



**how to lose weight when you pregnant: Pregnancy Notes: Before, During and After**

Rujuta Diwekar, 2023-05-13 About the Book A NECESSARY AID FOR EVERY INDIAN WOMAN WHO IS PREGNANT OR HAS RECENTLY HAD A BABY If you are preparing for pregnancy, are pregnant or have just delivered, Pregnancy Notes has got you covered. Rujuta Diwekar takes you through the journey, with tips for even before you get pregnant, till and after you deliver your bundle of joy. Each stage includes notes on food, exercise and recovery. Also included are heritage recipes from across the country, so you can mine the wisdom of our grandmothers. This is a must-have guide for every woman who is pregnant or wants to know more about pregnancy.

**how to lose weight when you pregnant: *The Natural Diet Solution for PCOS and Infertility***

Nancy Dunne, 2006-03 This book suggests natural health solutions for PCOS, ovarian cysts and polycystic ovaries that can help you to; regulate your periods; enhance your fertility; diminish risk of miscarriage; relieve depression; lose excess fat and gain toned muscle; enjoy increased energy on a consistent basis; clear up acne; decrease unwanted hair growth; normalise skin tone and texture; minimise heart disease and diabetes risk; lessen the need for expensive medications; reduce need for ovarian surgery.

**how to lose weight when you pregnant: Your Pregnancy Week by Week** Glade B. Curtis,

Judith Schuler, 2016-05-24 The classic week-by-week guide to a happy, healthy pregnancy--celebrating over 30 years of expert advice! Doctors recommend it and pregnant couples rely on it--and you and your partner will find it indispensable! For over thirty years, Dr. Glade B. Curtis and Judith Schuler have helped millions of parents-to-be navigate and prepare for the most exciting and challenging time of their lives--and now they'll help you. With Your Pregnancy's signature week-by-week format, including illustrations of your baby, you'll easily and comfortably follow your baby's development as it grows during these exciting 40 weeks. Whether you're a first-time parent just learning to navigate pregnancy or an experienced pro, Your Pregnancy Week by Week is the perfect, comprehensive resource to guide you through your pregnancy. In this eighth edition, Dr. Curtis and Schuler address today's most pressing questions and concerns, including: Detailed descriptions and illustrations of baby's development Information on medical tests and procedures Tips on nutrition, your overall health and how it affects your growing baby Safe and easy weekly exercises to help you stay in shape Covering a wide range of new topics such as elective delivery, electronic cigarettes, pregorexia, salt-therapy spas, belly bands before and after pregnancy, and men preparing for pregnancy, Your Pregnancy Week by Week makes sure you and your partner will have everything you need to know at your fingertips--for this pregnancy and for any to follow.

**how to lose weight when you pregnant: Fit Pregnancy For Dummies** Catherine Cram, Tere

Stouffer Drenth, 2011-05-04 Are you intrigued by the idea of working out during pregnancy, but think it can't be safe? Are you unsure how the words fit and pregnancy actually make sense in the same sentence? If so, you've come to the right place. This easy-to-follow guide shows you how you can be fit and pregnant, whether you're new to exercise or have been working out for years, and whether you're in your second week of pregnancy or your 32nd. Fit Pregnancy For Dummies is for you if you're pregnant, if you're thinking about becoming pregnant, and You want to be as fit and healthy as you can be — whatever your current fitness level — without in any way jeopardizing your health or the health of your baby. This guide gives you the straight facts on: Staying safe when you exercise Developing a plan with your health provider Choosing the right equipment Modifying your routine for each trimester Eating well for nine months and beyond From yoga and swimming to weight training, aerobics, and much more, you'll see how to get started with a fun, step-by-step fitness routine that will make your entire pregnancy easier to manage. Postpartum expert and prenatal fitness class instructor Catherine Cram and fitness expert Tere Stouffer Drenth give you the scoop on the activities that work best for pregnant women and how to set up a routine that works best for you. You'll understand how a fit pregnancy helps you with delivery and postpartum shape-up. Plus, you get expert advice on activities to avoid, eating well, and staying motivated during and after your pregnancy, as well as: Dressing comfortably for your workout Warming up and

stretching to increase flexibility and avoid injury Modifying your exercise routine Staying fit after giving birth Finding the time for exercise and motherhood Complete with special tips on exercising indoors, staying motivated, getting your family hooked on fitness, and helping your child grow up healthy and fit, *Fit Pregnancy For Dummies* is the key to exercising safely and staying fit throughout your pregnancy and beyond!

**how to lose weight when you pregnant:** *The Mommy Docs' Ultimate Guide to Pregnancy and Birth* Yvonne Bohn, Allison Hill, Alane Park, 2011-05-03 From three top ob/gyn's--the personalities of the television series *Deliver Me*--comes this comprehensive pregnancy resource that's medically reliable and mom-to-mom relatable.

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