



How To Reduce The Size Of The POSTPARTUM BELLY



Exclusive breastfeeding may help moms lose weight faster.

A balanced yet low-calorie diet can prevent excessive weight gain. However, it is best to consult a dietician before falling for fad diets.



Gentle exercises such as pelvic floor strengthening may also help tighten the abdominal muscles.

Various postpartum shapewear, such as belly wraps and bands, can support the tummy and give it a reduced look.



Have practical goals about losing weight. Even with the most sincere efforts, it may take more than six months.