

POSTPARTUM STRENGTH TRAINING GUIDE

THE FIRST 12 WEEKS

Hello! Congratulations on the birth of your baby! This postpartum strength training guide is designed to support you on your journey of healing and recovery and to help you get stronger.

The postpartum period is special. You're also juggling so many other things—caring for a new baby, physically recovering from birth, possibly taking care of your other children, and tackling tasks of new motherhood. Meanwhile, your body is shifting hormonally, your belly is still soft and stretched, and you're likely not getting much sleep!

This program will:

1. Help you heal and recover
2. Help you rebuild your strength and endurance
3. Help you tackle your individual goals

The first 1-6 weeks will focus on your core, pelvic floor, and breathwork as well as walking. Once you are cleared for exercise, typically around 6 weeks, you can start incorporating more strength training exercises. I recommend you see a pelvic floor physical therapist so they can fully assess your core strength and pelvic floor and give you more specific guidance.

As you start strength training again, ease back into it. Use bodyweight or light weights at first. If you have any symptoms of incontinence, pelvic floor heaviness or a dragging feeling, coning or doming in your abdomen, modify or skip the exercise.

If you have any questions or need video tutorials, email me. I'm happy to help.

christyewingfitness@gmail.com

-Christy

10 Postpartum At-Home Bodyweight Workouts:

0 to 6 WEEKS POSTPARTUM: Rehab and Retraining

[10 Minute Full Body Circuit A \(weeks 3—4\)](#)

[10 Minute Full Body Circuit B \(weeks 3—4\)](#)

[20 Minute Full Body Circuit A \(weeks 5—6\)](#)

[20 Minute Full Body Circuit B \(weeks 5—6\)](#)

7 to 18 WEEKS POSTPARTUM: Returning to Exercise

[10 Minute Full Body Bodyweight Workout](#)

[20 Minute Full Body Bodyweight Workout](#)

[30 Minute Full Body Bodyweight Workout](#)

19 to 42 WEEKS POSTPARTUM: Building Strength

[10 Minute Full Body Bodyweight Workout](#)

[20 Minute Full Body Bodyweight Workout](#)

[30 Minute Full Body Bodyweight Workout](#)

10 Postpartum At-Home Dumbbell Workouts

0 to 6 WEEKS POSTPARTUM: Rehab and Retraining

[10 Minute Full Body Circuit A \(weeks 3—4\)](#)

[10 Minute Full Body Circuit B \(weeks 3—4\)](#)

[20 Minute Full Body Circuit A \(weeks 5—6\)](#)

[20 Minute Full Body Circuit B \(weeks 5—6\)](#)

7 to 18 WEEKS POSTPARTUM: Returning to Exercise

[10 Minute Full Body Bodyweight Workout](#)

[20 Minute Full Body Bodyweight Workout](#)

[30 Minute Full Body Bodyweight Workout](#)

19 to 42 WEEKS POSTPARTUM: Building Strength

[10 Minute Full Body Bodyweight Workout](#)

[20 Minute Full Body Bodyweight Workout](#)

[30 Minute Full Body Bodyweight Workout](#)

10 POSTPARTUM AT-HOME BODYWEIGHT WORKOUTS

In this guide, you'll find full-body bodyweight workouts you can do at home at every stage of your postpartum journey. These workouts are organized by phase, as well as by length, so that you can always find a workout to fit the time you have available to you — whether that's 10, 20 or 30 minutes. Note that you should always have a thumbs up from your proctor before returning to any type of exercise.

(0—6 WEEKS) REHAB AND RETRAINING

In the first 6 weeks postpartum, it is important to avoid stressful exercises, but there are a lot of benefits to doing gentle bodyweight movements.

They are no more intense than some of your daily living activities. Being a mom requires a lot of mental, emotional, and physical strength. You're probably squatting up and down off the toilet, lunging up and down stairs, rowing the baby in and out of their crib, and doing weighted carries with a baby carrier.

These gentle bodyweight movements + rest can help you stay safe and strong as you care for your baby and prepare to return to more formal exercise when you're ready.

Before we get into the workouts, let's talk about weeks 0—2 postpartum.

Use these first 2 weeks to focus on your connection breath and walking.

WALKING:

1. Walk up to 10 minutes once or twice daily at an easy pace.
2. Perform 1-2 sets of 10 reps of the connection breath.

CONNECTION BREATH:

The connection breath is a breathing method that uses diaphragmatic breathing while relaxing your pelvic floor. Here's how you do it:

STEP #1: start by tuning into your breathing

1. Find a comfortable position, either sitting or lying down. If you're sitting, think about stacking your ribs over your pelvis.
2. Put one hand on your abdomen and the other hand on your rib cage just above.
3. On the inhale breath, breathe "into your hands" and think about inflating or filling your belly and pelvic floor with air.
4. On the exhale breath, notice your hands descend as your rib cage and abdomen deflate, and imagine the pelvic floor deflating and lifting upward.

STEP #2: after a few breaths, add a gentle pelvic floor contraction

1. As you inhale, feel your rib cage and belly gently expand. Imagine inflating or expanding your pelvic floor, as if you are filling your vagina and anus with air.
2. Gently exhale, encouraging activation through your pelvic floor and deep abdominal muscles. Think about lifting your vagina and anus up toward your head. Aim for about 30% of a maximum pelvic floor muscle contraction.
3. Flow through more breaths, releasing your pelvic floor muscles on the inhale and picking them back up again on the exhale.

3—4 WEEKS POSTPARTUM:

You can take one or two 10-20 minute walks each day and perform these circuits once daily as it fits into your schedule. As always, be sure to consult with your doctor before returning to exercise.

10 Minute Full Body Circuit A

Perform 8–10 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat circuit for 1–2 rounds.

1. Connection Breath (supine or side-resting)
2. Half-kneeling hip flexor stretch (complete all reps on both sides)
3. Glute bridge
4. Open book (complete all reps on both sides)
5. Clamshell (complete all reps on both sides)
6. Wall slide

10 Minute Full Body Circuit B

Perform 8–10 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 1–2 rounds.

1. Connection Breath (supine or side-resting)
2. Half-kneeling hip flexor stretch (complete all reps on both sides)
3. Bodyweight squat
4. Seated rotation (complete all reps on both sides, alternating)
5. Clamshell (complete all reps on both sides)
6. YTLI raises (perform 5-6 reps of each “letter”)

5—6 WEEKS POSTPARTUM:

You can do up to 30 minute walks once or twice daily at 5-6 weeks postpartum and perform the following circuits once daily as it fits into your schedule. As always, be sure to consult with your doctor before returning to exercise.

20 Minute Full Body Circuit A

Perform 10–15 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 1–2 rounds.

1. Connection Breath (supine or side-resting)
2. Half-kneeling hip flexor stretch (complete all reps on both sides)
3. Cat/Cow
4. Bodyweight squat
5. Bodyweight reverse lunge (complete all reps on both sides, supported if necessary)
6. Wall slide
7. Side lying hip abduction (complete all reps on both sides)

20 Minute Full Body Circuit B

Perform 10–15 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 1–2 rounds.

1. Connection Breath (supine or side-resting)
2. Half-kneeling hip flexor stretch (complete all reps on both sides)
3. Bodyweight squat
4. Glute bridge
5. Open book (complete all reps on both sides)
6. Bird dog (complete all reps on both sides)
7. Clamshell (complete all reps on both sides)

RETURNING TO EXERCISE POSTPARTUM (7–18 WEEKS)

At 6 weeks, if all is well with your body, your OBGYN will typically give you the greenlight to start doing exercise. Before proceeding, be sure you have checked with your healthcare professional.

10 Minute Full Body Bodyweight Workout

Perform 10–12 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 2–3 rounds.

1. Glute bridge
2. Downward dog to high plank (can add push-up if able)
3. Bodyweight lateral step-up (complete all reps on both sides)
4. Wall slide

20 Minute Full Body Bodyweight Workout

Perform 10–12 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 3 rounds.

1. Step-up (complete all reps on both sides)
2. Walk out (with optional lateral shuffle or push-up)
3. Hip thrust
4. Incline slow mountain climber (complete all reps on both sides)
5. Side lying hip abduction

30 Minute Full Body Bodyweight Workout

Perform 10–12 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 2–4 rounds.

1. Bodyweight squat
2. Dynamic blackburn
3. Bodyweight single-leg Romanian deadlift (complete all reps on both sides)
4. Hand taps or shoulder taps (complete all reps on both sides)
5. Side plank (do three 10-second holds on each side, and reset each time)

BUILDING STRENGTH POSTPARTUM (19—42 WEEKS)

Be sure you have checked with your healthcare professional and they have given you the greenlight to exercise before proceeding.

10 Minute Full Body Bodyweight Workout

Perform 10–12 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 2–3 rounds.

1. Curtsy lunge (complete all reps on both sides)
2. Downward dog to high plank (you can add a downward dog push-up if you're able)
3. Feet-elevated glute bridge
4. Dead bug (complete all reps on both sides, alternating)

20 Minute Full Body Bodyweight Workout

Perform 10–12 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 3 rounds.

1. 1.5 rep bodyweight squat
2. Walk out with turn and reach (complete 10-12 reps total)
3. Hip thrust
4. Dynamic blackburn
5. Reverse lunge off step

30 Minute Full Body Bodyweight Workout

Perform 10–12 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 3–4 rounds.

1. Lateral step-up (complete all reps on both sides)
2. Incline front plank (hold for three 15-second intervals, resetting every 15 seconds)
3. Bodyweight single-leg Romanian deadlift (complete all reps on both sides)
4. Wall slide
5. Single-leg hip thrust

10 POSTPARTUM AT-HOME DUMBBELL WORKOUTS

In this guide, you'll find full-body dumbbell workouts you can do at home starting around week 7 of your postpartum journey as long as you're cleared by your doctor for exercise, and have been doing gentle rehab and recovery exercises like breathing and light bodyweight movements. If you are early postpartum (0–6 weeks) or have not yet done postpartum rehab and recovery exercises, we recommend starting with gentle, bodyweight-only movements rather than the dumbbell workouts. These workouts are organized by phase, as well as by length, so that you can always find a workout to fit the time you have available to you — whether that's 10, 20 or 30 minutes.

(0–6 WEEKS) REHAB AND RETRAINING

In the first 6 weeks postpartum, it is important to avoid stressful exercises, but there are a lot of benefits to doing gentle bodyweight movements.

They are no more intense than some of your daily living activities. Being a mom requires a lot of mental, emotional, and physical strength. You're probably squatting up and down off the toilet, lunging up and down stairs, rowing the baby in and out of their crib, and doing weighted carries with a baby carrier.

These gentle bodyweight movements + rest can help you stay safe and strong as you care for your baby and prepare to return to more formal exercise when you're ready.

Before we get into the workouts, let's talk about weeks 0—2 postpartum.

Use these first 2 weeks to focus on your connection breath and walking.

WALKING:

1. Walk up to 10 minutes once or twice daily at an easy pace.
2. Perform 1-2 sets of 10 reps of the connection breath.

CONNECTION BREATH:

The connection breath is a breathing method that uses diaphragmatic breathing while relaxing your pelvic floor. Here's how you do it:

STEP #1: start by tuning into your breathing

1. Find a comfortable position, either sitting or lying down. If you're sitting, think about stacking your ribs over your pelvis.
2. Put one hand on your abdomen and the other hand on your rib cage just above.
3. On the inhale breath, breathe "into your hands" and think about inflating or filling your belly and pelvic floor with air.
4. On the exhale breath, notice your hands descend as your rib cage and abdomen deflate, and imagine the pelvic floor deflating and lifting upward.

STEP #2: after a few breaths, add a gentle pelvic floor contraction

1. As you inhale, feel your rib cage and belly gently expand. Imagine inflating or expanding your pelvic floor, as if you are filling your vagina and anus with air.
2. Gently exhale, encouraging activation through your pelvic floor and deep abdominal muscles. Think about lifting your vagina and anus up toward your head. Aim for about 30% of a maximum pelvic floor muscle contraction.
3. Flow through more breaths, releasing your pelvic floor muscles on the inhale and picking them back up again on the exhale.

3—4 WEEKS POSTPARTUM:

You can take one or two 10-20 minute walks each day and perform these circuits once daily as it fits into your schedule. As always, be sure to consult with your doctor before returning to exercise.

10 Minute Full Body Circuit A

Perform 8–10 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 1–2 rounds.

1. Connection Breath (supine or side-resting)
2. Half-kneeling hip flexor stretch (complete all reps on both sides)
3. Glute bridge
4. Open book (complete all reps on both sides)
5. Clamshell (complete all reps on both sides)
6. Wall slide

10 Minute Full Body Circuit B

Perform 8–10 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 1–2 rounds.

1. Connection Breath (supine or side-resting)
2. Half-kneeling hip flexor stretch (complete all reps on both sides)
3. Bodyweight squat
4. Seated rotation (complete all reps on both sides, alternating)
5. Clamshell (complete all reps on both sides)
6. YTI Raises (perform 5-6 reps of each “letter”)

5—6 WEEKS POSTPARTUM:

You can do up to 30 minute walks once or twice daily at 5–6 weeks postpartum and perform the following gentle circuits once daily as it fits into your schedule. As always, be sure to consult with your doctor before returning to exercise.

20 Minute Full Body Circuit A

Perform 10–15 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 1–2 rounds.

1. Connection Breath (supine or side-resting)
2. Half-kneeling hip flexor stretch (complete all reps on both sides)
3. Cat/Cow
4. Bodyweight squat
5. Bodyweight reverse lunge (complete all reps on both sides, supported if necessary)
6. Wall slide
7. Side lying hip abduction (complete all reps on both sides)

20 Minute Full Body Circuit B

Perform 10–15 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 1–2 rounds.

1. Connection Breath (supine or side-resting)
2. Half-kneeling hip flexor stretch (complete all reps on both sides)
3. Bodyweight squat
4. Glute bridge
5. Open book (complete all reps on both sides)
6. Bird dog (complete all reps on both sides)
7. Clamshell (complete all reps on both sides)

RETURNING TO EXERCISE POSTPARTUM (7–18 WEEKS)

At 6 weeks, if all is well with your body, your OBGYN will typically give you the greenlight to start doing exercise. Before proceeding, be sure you have checked with your healthcare professional.

10 Minute Full Body Bodyweight Workout

Perform 8–10 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 2–3 rounds.

1. Dumbbell Romanian deadlift
2. Dumbbell bent-over row
3. Lateral step-up (complete all reps on both sides)
4. Tall-kneeling dumbbell chop (complete all reps on both sides)

20 Minute Full Body Bodyweight Workout

Perform 8–10 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 3 rounds.

1. Single-leg glute bridge (complete all reps on both sides)
2. Downward dog to high plank (can add push-up if able)
3. Goblet box squat
4. One-arm dumbbell overhead press (complete all reps on both sides)
5. Side-lying leg raise (complete all reps on both sides)

30 Minute Full Body Bodyweight Workout

Perform 8–10 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 2–3 rounds.

1. Dumbbell Romanian deadlift
2. Dynamic Blackburn
3. Split squat (complete all reps on both sides)
4. Alternating dumbbell floor press (complete all reps on both sides)
5. Dumbbell lateral raise

BUILDING STRENGTH POSTPARTUM (19—42 WEEKS)

Be sure you have checked with your healthcare professional and they have given you the greenlight to exercise before proceeding.

10 Minute Full Body Bodyweight Workout

Perform 10–12 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 2–3 rounds.

1. Dumbbell Romanian deadlift
2. Dumbbell bent-over row
3. Dumbbell glute bridge
4. Alternating dumbbell floor press (complete all reps on both sides)
5. One-arm rack carry (walk 10–12 paces on each side)

20 Minute Full Body Bodyweight Workout

Perform 10–12 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 2–3 rounds.

1. Dumbbell front squat
2. Dumbbell pull-over
3. Dumbbell glute bridge
4. One-arm dumbbell overhead press (complete all reps on both sides)
5. Incline front plank (hold for three 15-second intervals, resetting every 15 seconds)

30 Minute Full Body Bodyweight Workout

Perform 10–12 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 3–4 rounds.

1. Single-leg hip thrust (complete all reps on both sides)
2. One-arm bent-over row (complete all reps on both sides)
3. Dumbbell front racked reverse lunge (complete all reps on both sides)
4. One-arm floor press (complete all reps on both sides)
5. Side plank off knees (hold for three 10-second intervals on each side, resetting every 10 seconds).

Connection Breath

WHAT IS IT?

The connection breath is a breathing exercise that integrates the **deep core** and **pelvic floor**. This is something you can practice all throughout pregnancy as well as during the postpartum period to heal the diastasis recti and get the pelvic floor and core functioning together again.

The core isn't just the ab muscles and it isn't just the pelvic floor.

The core includes the diaphragm, ab muscles, back muscles that support along the spine, and the pelvic floor muscles.

With the connection breath, we are going to train this whole unit to help you keep stability of the core, pelvic floor, the pelvis, and the low back.

This will help you to be more comfortable in pregnancy and it also trains the core and the pelvic floor to be able to labor and birth a baby when the time comes.

WHAT TO DO

1. Sit on something stable and supportive*. Pull the flesh away from your bum to feel your sit bones rooted into the surface on which you're seated. In this position, you should be able to visualize a diamond shape connecting your tailbone (coccyx), your sit bones, and your pubic bone in the front. This space is called the perineum.
2. Walk your feet out in front of you, keeping your knees slightly wider than your hips.
3. Place one hand on the side of your rib cage and one hand low on your belly. On your inhale breath you should feel inflation in your core and pelvic floor. Inhale and breathe into your hands, rib cage, and belly. (As you get further along in pregnancy, getting a deep breath might feel challenging.)
4. On your exhale breath, you should feel deflation in your core and pelvic floor and notice your rib cage and belly coming back down and in slightly.

*You can do this seated, half-kneeling, side-lying, side-resting, or standing as shown in the photos at the end of the guide.

WHAT TO AVOID

- Tucking your tailbone under so that your lower back is flattened.
- Rocking into your pubic bone.
- Tensing your glutes.
- Bouncing up and down on the bench.

PROGRESSION

1. As you get more comfortable with this pattern of breathing, start to "send" the breath into the pelvic floor. Think about filling the perineum, the diamond-shaped space between your tailbone, your sit bones, and your pubic bone in the front, with each inhalation.
2. As you inhale, try to feel a softening and release in your pelvic floor, and as you exhale try to feel a bit more tension and see if you can feel the pelvic floor elevate.
3. Next, try adding a pelvic floor contraction. Inhale, release tension in the pelvic floor, exhale and add a gentle pelvic floor lift, lifting the vagina and anus into the body slightly (aim for about 30% possible muscle contraction). You may also feel some gentle tension in your lower abdominals, but ideally the glutes should be relaxed.

NUTRITION

When it comes to health, building muscle, and fat loss, nutrition is super important. Whether you're pregnant, postpartum, or beyond.

I'm not going to go into detail regarding nutrition during pregnancy because I have a whole article addressing this you can find [HERE](#).

I also have a useful article for postpartum mamas who are still breastfeeding. You can find that [HERE](#).

Pregnant, newly postpartum, and breastfeeding women need to address nutrition in a different way since there are so many other things that come into play and to account for.

Now, I know there are so many diets out there. Paleo, keto, intermittent fasting, juice cleanses, whole 30, etc. The list goes on and on and new fads are coming out all the time.

I'm not bashing these diets, they work for a lot of people. However, they are just other vehicles to get you to a calorie deficit.

Calorie Deficit

Being in a calorie deficit is the only way to lose body fat. This means that your body is burning more calories than it's consuming daily. If you're consuming more calories than you're burning, this means you're in a calorie surplus. This means you will gain weight. If you're consuming about the same amount of calories that you're burning, you're in calorie maintenance. Meaning your weight will stay about the same.

It's really difficult to figure out exactly how many calories you're burning each day. Your watch, the treadmill, etc. aren't accurate in the "calories burned" number that you get after a workout.

Therefore, the best way is to control how many calories you're consuming.

How do you know how many calories will put you in a deficit? There are a few ways and I have a guide [HERE](#).

Here's a quick and easy way:

Take your goal body weight (in pounds) and multiply it by 12

Example: Nancy weighs 160 lbs and has a goal body weight of 150 lbs

$150 \times 12 = 1,800$ calories per day

Make sure that your goal body weight is realistic. For example, if you set your goal body weight to 120, but you've NEVER weighed that except for when you were in middle school, try setting a more realistic number. Your goal body weight should be a number that you feel really good in. It shouldn't be too low to where you're miserable to keep at that weight.

While you're in a calorie deficit, it's normal to be slightly hungry, but you shouldn't be starving. One of the best ways to help keep you full while in a calorie deficit is to make sure you're consuming enough protein.

Protein

Protein is the most satiating macronutrient so you'll be more satisfied after meals and more full. You'll avoid snacking as much if you eat enough protein in your meals.

Protein also helps you build lean muscle mass. It builds, sustains, and repairs your muscles.

This is super important for fat loss because the more muscle you have, the more efficiently your body will be at burning calories. This will help you stay in calorie deficit.

Lean body mass will also make you look more toned and give your muscles a good shape. 💪

Protein also has the highest thermic effect of food (TEF), which means your body is burning more calories to process, absorb, and digest protein.

Basically, protein is king. 🤩

Aim for 0.7 - 1 gram of protein per pound of body weight or goal body weight (in pounds). If your goal body weight is 150, aim for 105-150 grams of protein per day.

You can start by including a palm-sized portion of protein with every meal. With every snack, aim for 10 grams per 100 calories.

Volume Foods

Alongside protein, consuming more voluminous food will help you stay full. These are foods that are generally low calorie, but nutrient-dense. Most fruits and vegetables fall into this category. Spinach, broccoli, apples, strawberries, watermelon, etc.

For example, you can eat a pound of watermelon for about 140 calories! That's A LOT of food that would fill your body up. Conversely, you can eat 12 Doritos chips for 150 calories. Which do you think would fill you up more?

Plus, most of these volume foods have way more nutrients which will just make you feel better after consuming them.

I never tell my clients to restrict any type of food, but if weight loss is your goal, I encourage you to ADD more nutrient dense foods into your diet and lessen processed foods. Processed foods are anything coming in a package or bag. They are made to get you to eat more. People consume up to 500 calories more a day when they eat processed foods. With that said, you don't need to restrict it completely. Just be aware.

Studies have shown that when you restrict yourself from food you really like, you'll end up binging it later and consuming way more than you would have had if you let yourself have some of the food in moderation.

Aim to consume mostly nutrient dense foods and enjoy the less nutrient dense foods in moderation. Think of it as an 80/20 rule. 80% nutrient-dense / 20% less nutrient-dense.

Doing this will allow you to actually sustain your diet and even enjoy it. It doesn't need to be torture or a punishment.

Weight Loss Takes Time

Lastly, weight loss takes time. Be patient and don't give up.

Aim to be 80% consistent with your nutrition. Get a physical calendar and mark an X on the days you hit your goals. Mark an O on the days you don't. Aim to have about 24 X's and 6 O's. Don't strive for perfection.

Allow yourself to enjoy the birthdays, date nights, and vacations. If you feel like you've gotten off track, just get right back on it when you can.

After you figure out your calories and protein numbers, try it for 4 weeks with at least 80% consistency. If you aren't seeing any changes, make an adjustment.

If you want long-lasting weight loss results, then it will take a longer time to get there. You didn't gain all the weight in one week, so you can't expect to lose all the weight in one week or one month, etc.

I want you to avoid yo-yo diets and do something that will actually stick, but it will take patience.

Speak to yourself kindly. Your body is amazing and can do amazing things. You got this.

I'm here and happy to help if you'd like a more individualized program so you can better achieve the goals you have.

I'm an email away. :)

christyewingfitness@gmail.com

xoxo,
Christy

