

# Proven Methods and Postpartum Exercises for Healing Core Weakness and Weight

Childbirth can take a significant toll on your body, especially your core muscles. These muscles, which run from your rib cage to your pelvis, are responsible for stabilizing your spine, supporting your internal organs, and helping you move. During pregnancy, your core muscles stretch and weaken to accommodate your growing baby. After delivery, it can take time for these muscles to regain their strength and tone.

If you're struggling with core weakness after childbirth, you're not alone. Many women experience this condition, which can lead to a number of problems, including:



## Diastasis Recti Secrets for New Mom: Proven Methods and Postpartum Exercises for Healing Core Weakness and Weight loss by Becky Choi

★★★★☆ 4.2 out of 5

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Enhanced typesetting	: Enabled
Word Wise	: Enabled
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\* Back pain \* Pelvic pain \* Urinary incontinence \* Fecal incontinence \* Difficulty with exercise \* Diastasis recti (a separation of the abdominal muscles)

The good news is that there are a number of things you can do to heal core weakness and weight after childbirth. These include:

\* Performing regular postpartum exercises \* Eating a healthy diet \* Getting enough sleep \* Taking care of your mental health

### **Postpartum Exercises for Core Weakness and Weight**

There are a number of different postpartum exercises that can help you heal core weakness and weight. These exercises should be performed gradually and with proper form to avoid further injury.

Some of the best postpartum exercises for core weakness and weight include:

\* Pelvic tilts \* Bird dog \* Plank \* Side plank \* Leg lifts \* Squats \* Lunges \* Push-ups \* Rows

It is important to start slowly and gradually increase the intensity and duration of your workouts as you get stronger. You should also listen to your body and rest when needed. If you experience any pain, stop the exercise and consult with your doctor.

### **Healthy Diet for Postpartum Healing**

Eating a healthy diet is essential for postpartum healing. Your body needs nutrients to rebuild its strength and recover from childbirth. Make sure to

eat plenty of fruits, vegetables, whole grains, and lean protein. You should also drink plenty of fluids, especially water.

Some specific foods that are good for postpartum healing include:

\* Lean protein: Lean protein helps to build and repair muscle tissue. Good sources of lean protein include chicken, fish, beans, and tofu. \* Fruits and vegetables: Fruits and vegetables are packed with vitamins, minerals, and antioxidants, which are all essential for healing. \* Whole grains: Whole grains are a good source of fiber, which helps to keep you feeling full and satisfied. \* Healthy fats: Healthy fats, such as those found in avocados, nuts, and seeds, help to support hormone production and reduce inflammation.

## **Getting Enough Sleep**

Getting enough sleep is essential for postpartum healing. When you sleep, your body produces hormones that help to repair your tissues and restore your energy. Aim for 7-8 hours of sleep per night. If you're having trouble sleeping, try to create a relaxing bedtime routine. This could include taking a warm bath, reading a book, or listening to calming music.

## **Taking Care of Your Mental Health**

Taking care of your mental health is just as important as taking care of your physical health after childbirth. Childbirth can be a traumatic experience for some women, and it's important to seek help if you're struggling with depression or anxiety. There are a number of resources available to help you, including therapy, medication, and support groups.

Core weakness and weight gain are common problems after childbirth. However, there are a number of things you can do to heal and recover. By following the tips in this article, you can improve your core strength, lose weight, and feel your best.

## Additional Resources

\* [American College of Obstetricians and Gynecologists]  
(<https://www.acog.org/>) \* [National Institutes of Health]  
(<https://www.nih.gov/>) \* [Postpartum Support International]  
(<https://www.postpartum.net/>)



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