

## 15 Belly Bounce Back Tips: Fitting into Your Skinny Jeans After Baby

By Shondelle Solomon-Miles

### 1. Believe You Can Achieve!

This may sound cliché, but clichés become so because they are true. You will not outperform the vision that you hold of yourself. If your mind tells you that you will never reclaim your pre-baby body and you will always have a fat belly and cellulite on your hips and thighs - guess what - you will. If you believe that getting back into shape is hard, or that you don't have time to eat "right" and exercise consistently, then your actions will never support your intentions. Without 100% unyielding belief, you will never permanently achieve your pre-baby physique.

***The Bottom Line- Whether you think you can or think you can't, you're right.***

### 2. Persist

I would agree that squeezing in a regular exercise routine and making the time to plan healthy meals is not always easy when you are an extremely busy mom. However, it's not the hardest part. The hardest part of fitting back into those skinny jeans is persistence - undying, relentless, unyielding persistence - staying the course no matter what challenges you encounter along the way. Persistence is what separates the girls from the women when it comes to accomplishing any worthwhile task, including transforming your body

***The Bottom Line: It's not about whether you can transform your body and fit back into your skinny jeans, it's about how long you'll persist to accomplish this goal.***

### 3. Don't Fall For Weight Loss Scams & Gimmicks

I know it's tempting to fall for the quick fix when all of a sudden you are living in a body you no longer recognize. However, the weight loss industry is a

multi-billion dollar industry driven by profit and not by the delivery of safe and permanent results.

Unfortunately, the weight loss industry is designed to help you fail. In fact, its survival is 100% dependent upon your failure, because as long as you keep failing, you will keep spending your hard-earned dollars on the next promised solution. If you discover the truth that there is no magic diet, pill, powder, or potion, how then will they make their money?

***The Bottom line: Stop spending your hard-earned dollars on quick fix solutions. If there was a successful "quick fix" weight loss solution, everyone would be using it and 2/3 of our population would not be overweight or obese.***

### 4. Lift Weights At Least Three Times a Week

Listen up mom. Muscle is your metabolic machinery. Fat is burned in your muscles, therefore the more muscle you have the more calories, or energy, you are able to use. And if you're worried about bulking up...don't, because it's not easy to put on size, or bulk. In order to develop Schwarzenegger-sized muscles, you would have to dedicate your life and your time to doing so. A moderate intensity, full-body resistance training program performed three times a week is all you need to boost metabolism and firm your body.

***The Bottom Line: If you're trying to reclaim your 'hotness' and 'sexiness' and you're not lifting weights a few days a week, you're missing the boat.***

### 5. Surround Yourself with "Losers"

One of the most effective ways to achieve success, including weight loss success, is to emulate and those who have already achieved what you wish to achieve. Successful people avoid negative people and they spend the majority of their time surrounded by those who have already achieved what they themselves seek to achieve. So, if your goal is to lose the 40 pounds you gained during pregnancy by eating healthy and living an active life - then seek out other moms who have

already achieved this goal, or who are working towards achieving this goal.

***The Bottom Line: Don't put yourself in an environment or surround yourself with people who do not support your weight loss and fitness goals.***

## **6. Set Specific Goals**

How can you reach a destination if you don't know where it is? Setting specific, realistic goals is crucial to transforming your body because it keeps your mind focused 100% of the time on the task at hand. Just wanting to lose weight is not clear enough of a goal for your subconscious mind to act on. How much weight do you want to lose, both short term and long term? When is your deadline? What might you have to overcome to achieve these goals? What specifically will you do to achieve your goals? How will you reward yourself? These are the questions you must answer before embarking on your 'Belly Bounce Back' mission.

***The Bottom Line: The more vivid and descriptive your goals, the more likely you are to achieve them.***

## **7. Drink Plenty of Water**

Drinking enough water is the easiest 'Belly Bounce Back' strategy to implement, and yet the most often neglected. Few people truly realize how significant of a player water is in the game of weight loss. Perhaps this is because drinking plenty of water seems too simplistic of a solution to be effective. Water facilitates weight loss by suppressing the appetite, eliminating toxins that compromise metabolism, and contributing zero calories to your diet.

***The Bottom Line: Always aim for the side of too much water rather than not enough, but a general rule of thumb is to drink half your body weight in ounces.***

## **8. Eliminate Processed & Packaged Carbs**

It's easy to blame weight gain on carbs, but the truth of the matter is that humans have been eating carbohydrates since the beginning of time, and we haven't always had the weight problems that we do now. The problem lies in the quality of the carbohydrates that we eat. If your diet consists primarily of processed and refined carbohydrates such as foods containing white flour (white rice, white

pasta, white bread), packaged food products, or foods high in simple sugars such as cookies, sodas, and fruit juice, then you will always have a difficult time losing weight.

***The Bottom Line: To transform your physique, eliminate all white flour and simple sugar from your diet, and consume predominantly whole grains, beans, vegetables, fruits and lean proteins.***

## **9. Eat Complex Carbs with Protein Every Three Hours**

One of the keys to getting your body to utilize fat for energy 24 hours a day is to keep blood sugar stable. When your blood sugar becomes too low, you crave sweets and processed carbs and you feel weak and lethargic. When your blood sugar is too high, your body cannot efficiently burn fat and you stress your organs. Combining carbs with protein helps to keep blood sugar stable by controlling the release of insulin.

***The Bottom Line: To stabilize your blood sugar levels, eat complex carbohydrates, like brown rice and whole grains, with protein and fiber, and never by themselves.***

## **10. Visualize Clearly and Often**

All things are created twice, first in the mental realm and then the physical. You cannot achieve your perfect body if you don't have an idea of what the perfect body means to you. Your subconscious mind does not differentiate between that which is imagined and that which is real. It accepts everything that enters its realm as truth. Therefore, by visualizing yourself looking and feeling, not as you are now, but as you once did or will in the future, you're tricking your subconscious mind into believing that your desired result has already been attained.

***The Bottom Line: Make sure you have a vivid, tangible picture of what you want to look and feel like. Ideally, put this picture where you can see it several times a day. This image will imprint on your subconscious mind and your conscious mind will make it a reality.***

## **11. Keep a Food Journal**

I know you probably don't think you have time for anything else, much less, logging your food and

tracking your calories. However, starting and maintaining a food journal is paramount to your success in improving your eating habits and transforming your body. Keeping a food journal makes you aware of your conscious and unconscious eating habits, and the moods that are attached to them. Food journaling allows you to learn about yourself, and then to use that knowledge to make adjustments to your eating habits.

***The Bottom Line: The first step to changing unsupportive habits is being aware of them. Keeping a food journal is the most effective way to track your current eating habits so you can make the appropriate changes.***

### **12. Make Some Time to Move Every Day**

Time is precious, especially when you have little angels to take care of. The good news is that you don't need an hour to squeeze in some quality exercise time. Take your baby for a 10 minute stroll using a jogging stroller, or strap on a sling and walk a few hills. Slings make carrying your baby more efficient and can significantly increase the intensity of your stroll. Even better, while the baby is napping, take 10-15 minutes to perform a mini-circuit like this one three times:

- 10 Pushups
- 15 Squats
- 25 Jumping Jacks
- Modified Plank (hold for 30 seconds)
- 15 Triceps Dips
- Run in place (30 seconds)
- 15 Abdominal Bicycles
- 25 Arm Circles

***The Bottom Line: Any movement is better than no movement, so take time every day, if only for 10 minutes, to be physically active.***

### **13. Plan, Plan and Plan Some More**

I know you've heard it: "if you fail to plan, plan to fail." This couldn't be truer than when trying to fit a 'Belly Bounce Back' routine into your already hectic schedule. In order for you to stay consistent with your workouts and healthy eating regimen, you will have to deliberately plan your workouts and meal preparation

into your daily schedule. What days of the week will you be exercising and at what time? What snacks will you need to have on hand? What will you eat for breakfast each morning? If you don't have answers to these questions before you start your day, chances are you will miss workouts and make less than optimal food choices.

***The Bottom Line: If you fail to plan, then plan to fail.***

### **14. Breastfeed**

Not only is breastfeeding a wonderful way to bond with your baby, but it's also a great way to burn some extra calories. Breastfeeding taps into your fat stores and burns an extra 500 calories a day! Therefore, the longer you breastfeed, the more calories you'll burn. And assuming you are making the proper food choices, the faster you'll fit back into those pre-baby jeans.

***Bottom Line: Breastfeed as long as possible to maximize your calorie expenditure.***

### **15. Be Patient & Don't Be Too Hard On Yourself**

I know it's hard to be patient about losing that post baby flab on your belly, especially when we're bombarded with celebrity moms who seem to bounce back after baby in a few days. However, keep in mind that these women have careers to safeguard, and have chefs, dieticians and fitness experts at their beck and call. However, I can promise you that if you follow a supportive eating regimen, exercise consistently and at the right intensity, you too can get your pre-baby body back.

***Bottom Line: Be patient and enjoy the miracle that has just blessed your world.***

I hope you find these tips helpful. I can assure you that if you implement them into your lifestyle, you will bounce back into pre-baby shape sooner than you may think possible. ✕