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Losing Pregnancy Weight Fast is a Dream of Most Women! by [Amber Dorsch](#)

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People always want to diet or lose weight, especially women who have just given birth. Whether it is a few pounds or several hundred pounds, there's a right way to go about it and a wrong way to go about it. First and foremost, you need to keep in mind that rigorous diets of no eating are a bad way of losing weight, as you will add the pounds back quite quickly. Taking the right approach is what will take the weight off and keep it off.

There is one simple rule to fast weight loss, and that is by burning more calories than you consume in a day. Experts say it is best to cut out five hundred calories a day by eating foods lower in calories and increasing your physical activity during the day. After just one week of doing this, you should see a weight loss of a pound or two, all in fat.

If you want to lose weight fast, eating approximately one thousand to one thousand and two hundred calories a day followed along with one hour of exercise a day is a surefire way to help you shed pounds. For safety's sake, make sure you do not eat less than one thousand calories a day, as this can be quite harmful to your body and its functions. With this diet and exercise plan, you should be seeing a loss of three to five pounds within the first week, and even more if you weigh above two hundred and fifty pounds.

A few simple things to remember are that if you are heavier when you begin your diet and exercise, you will lose the weight quicker. This is because the more fat you have to lose, the quicker it will come off. Another important thing to remember is that limiting your salt and starch intake will burn more initial calories.

For tips on after pregnancy weight loss, keep your eye on your eating habits. Focus on adding a lot of fruits, vegetables, whole grains, and plenty of lean protein to your diet. It is important to start your exercise routine slowly at first, and remember to focus on your abs, as doing aerobic exercises and abdominal crunches will help you lose the belly weight quickly. Kegels are a wonderful exercise to do. They will not help you to lose weight, but they will strengthen your pelvic floor muscles.

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Amber Dorsch writes about [diets to lose weight](#) "To know about [foods to lose weight](#) and diets to lose weight fast log on to " www.losebabyweight.com.au

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