Mommy Tummy is probably one of the things that scares new mothers the most because we want nothing more than to fit right back into our skinny jeans and our tight-fitting clothes.

Unfortunately, we have to be very wary of how intensely and how frequently we exercise with our little bundles of joy growing inside of us as well as post-pregnancy activities because pregnancy causes some pretty big shifts in our centre of gravity.

Because the baby is growing in your belly, there are also major changes to the abdominal walls, which is actually a condition called diastasis recti (also known as Mummy Tummy) and this doesn’t just snap back into place after having our babies.

We have to be very careful how we retrain our core and abs because A LOT of exercises can actually make the ab split even worse which can make our Mommy Pouch bigger and way more noticeable.

There is no diet or exercise program that can help with this.

You have to take action in fixing your Mummy Tummy properly.

This is why I have outlined what exercises MUST be avoided and exercises you can start on soon after having your baby

But first...

I suggest that ALL New Mamas visit a pelvic floor therapist. Even if you don’t think you have any pelvic pain or dysfunction it’s important to be proactive and get an assessment to avoid any later symptoms that can creep up, especially if you’ve had more than one child or plan on having more children in the future.

Click here to find one close to you - http://bit.ly/PelvicTherapist
How To Check If You Have Mommy Tummy

Lie flat on your back with your knees bent and feet flat on the floor, then have your partner place his or her fingertips just above or below the navel and execute an abdominal curl.

What we’re looking for is to feel if there’s any separation between the bands of the vertical muscles. A separation that is more than two fingers’ width indicates you have developed diastasis recti during your pregnancy and you should avoid doing the following exercises.

Exercises To Avoid

All new moms should be avoiding heavy lifting, and any exercises that involve twisting the spine or work the abdominal wall against the force of gravity like...

- Crunches
- Reverse curls
- Planks
- Sit-ups
- Roll-ups

It’s funny because when our tummy is obviously not as small as it was prior to having our babies our immediate reaction is to start to do sit-ups, crunches, planks etc. But these movements will make the ab split so much worse. SO PLEASE STOP Mamas!!

Exercises To Do

Abdominal compressions, pelvic tilts, toe taps, heel slides, single-leg stretches, and bridges with belly scooping. Always keep the belly pulled in, rather than doing any movement that pushes it out (and causes the telltale bulge on the midline).
Here is what I do and recommend to all my New Mommy Clients

**When performing these exercises, you want to feel as though you’re drawing your belly button in towards your spine or “hugging the baby.” Be sure to breathe.**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pelvic floor bridge</td>
<td>3</td>
<td>10</td>
<td>30 seconds</td>
</tr>
<tr>
<td>Hip thrusts with medicine ball</td>
<td>3</td>
<td>10</td>
<td>30 seconds</td>
</tr>
<tr>
<td>Seated ab crunches</td>
<td>3</td>
<td>10</td>
<td>30 seconds</td>
</tr>
</tbody>
</table>

**Only perform the following exercises in your first trimester or after pregnancy.**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lying down pelvic tilt</td>
<td>3</td>
<td>10</td>
<td>30 seconds</td>
</tr>
<tr>
<td>Heel drops</td>
<td>3</td>
<td>10 per leg</td>
<td>30 seconds</td>
</tr>
<tr>
<td>Heel pulls</td>
<td>3</td>
<td>10 per leg</td>
<td>30 seconds</td>
</tr>
</tbody>
</table>

**When Can You Start?**

As with all postpartum decisions about your body, consult with your doctor about when your body may be ready for an exercise regime. The general recommendation is to wait about 6-8 weeks post-pregnancy.

When your doctor clears you and you feel ready, get right to work!
GET CONNECTED!

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