

Trim your Tummy by Improving your Metabolism

Pregnancy is a life changing experience in and of itself for a woman. But life after pregnancy also comes with the expectation to lose weight after giving birth within a few months or the first year. This expectation is to be taken with a grain of salt because it twists the reason to lose weight, which is to not to get thin but to get healthy.

In our haste to lose pregnancy weight fast, we often forget that short-term gain doesn't necessarily lead to long-term gain. And this is especially true with regards to the quick fix diet or diet pill method because the weight lost is always short lived. Your goal should be about achieving wellness and from that being able to manage your weight from month to month, year to year. In order to do this, you need to focus on fine tuning your metabolism.

You are what you Eat

It seems like everyday we wake up to some "new" research about health and nutrition. Nutrition will always be a news worthy topic because how, what, when and why we eat has a huge impact on our health and quality of life. This is why losing the baby fat can be possible when you eat foods that are considered "fat burning foods". Your body uses more energy than the food contains to digest it and this is why it will help you to burn the baby fat.

Foods high in protein such as lean meats, fish, poultry; low-fat dairy products, beans and legumes should be a stable part of your diet. Foods high in fiber constitute generally most fruits, vegetables and whole grain foods such as bran, bulgur, and oats. They are to be purchased and prepared in the most natural way possible so that you will receive the most nutritional and fat burning benefits.

Interval Training at maximum Effort

Be thankful for interval training. It is the answer to how you can trim your tummy with a 15-minute workout. In order to harvest the fat burning benefits of this type of training, you must be able to give each exercise your maximum effort. Essentially, your workouts should begin with a brief warm up followed by a series of short burst of exercise at high intensity followed by short interval of rest. This "fast-slow-fast-slow" method keeps your heart rate elevated and your metabolism humming to increase and sustain your metabolism above its resting rate.

Strength Training builds lean muscles

Losing the baby fat is a feasible goal but you won't get there if you are only doing cardio. Lean muscles are fat burning tissues and can be developed by working your muscle groups with a form of strength training called resistance training. Resistance training uses any outside force of resistance to work against your muscles. And when done in intervals, it is an efficient way to get faster results.

You can trim your tummy and the rest of your body so that you look toned in a bikini with a few free weights and an exercise ball. The advantage of resistance training is that you can complete a workout within 30 minutes at home. Also because muscle burns fat and you are building back your lost muscle tissue, you will be able to increase your resting metabolic rate and burn more calories to lose the fat.

Upkeep your Physical Fitness

One would think that all the running around that a Mom does would make her lose pregnancy weight fast, but this is not the case. Try to expand your physical fitness to include your family by encouraging them to participate in more physical activities. Take a power walk with the baby in the mornings or go play some basketball with your son or daughter or you could take a family bike ride on a Saturday afternoon. The possibilities are endless and the time spent with loved ones priceless.

Your metabolism is the biological key to sustaining your weight after losing the baby fat. By living a healthy lifestyle that includes balancing your time for your mind, body, soul and your loved ones, you will become successful at being the fabulous woman that you are.

About the Author

[Losing pregnancy weight](#) can be daunting but there is no opportunity like today to start now. Be sure to check out Teresa Brown's blog for more information on [losing the baby fat](#) and getting healthy again.