

A Healthy Mom Is A Happy Mom

(NAPSA)—New moms tend to put themselves on the back burner. While taking care of your family's needs is important, it's equally critical to nurture yourself.

One good place to start is by shedding those extra pounds gained during pregnancy.

"When it comes to weight management for new mothers, the key is moderation," says Lisa Talamini, RD, Chief Nutritionist and Program Director for Jenny Craig, Inc. "Setting a weekly weight-loss goal of one to two pounds (one-half to one pound for breastfeeding moms) is safe and realistic, plus it lets you maintain the extra energy you need to fulfill all your many roles."

Based on Jenny Craig's food/body/mind philosophy, here are Talamini's tips for new moms:

Food

Like your baby, eat mini-meals throughout the day, such as yogurt sprinkled with nutty granola and paired with a banana; reduced-fat cheddar cubes with apple wedges and a small handful of cashews; or carrot sticks, broccoli florets and pea pods with smoked turkey slices, a few olives and whole grain crackers. Other healthy finger foods include tuna kits, handheld soups and fresh or juice-packed canned fruit. Many of these come in pre-packaged single-serve portions, making it even easier to grab nutritious fare on the fly. Drink plenty of water, milk, coffee, tea, and fruit or vegetable juices.

Body

At your six-week postpartum checkup, talk with your physician about an appropriate activity and intensity level. Don't overdo it. Get back to your old exercise routine gradually to let pregnancy-stretched muscles and ligaments



Losing post-baby pounds can help you gain a new perspective.

return to normal. If you can't get to the gym, take your baby out for a brisk walk—you'll both appreciate the fresh air and interesting sights. Use exercise videos to work out while the baby naps and when your little one gets older, sign up for a baby gym class so you can both enjoy social and exercise time. Combine natural, playful and planned activities.

Mind

Postpregnancy is the time to practice "self-care essentials." Rest, consistent meals and snacks, adequate fluids, physical activity and relaxation all play a vital role in a new mother's health and well being. Instead of using the baby's naptime to catch up on household tasks, soak in a bubble bath, read a magazine or take your own re-energizing "power" nap. Simplify, delegate and eliminate tasks—there'll be plenty of time later for a sparkling house and perfect dinner parties. Focus on taking care of you, so you can enjoy every magical moment with that special new family member.

For more healthy eating and exercise tips new moms can use, visit www.jennycraig.com.