

How To Lose

Postpartum Weight At Home



Eat a well-balanced diet



Eat every meal without skipping any

Drink plenty of water and fluids



Follow an active lifestyle

Breastfeed your baby



Exercise regularly

Take enough rest and sleep



Avoid junk foods and alcohol

Mom Junction

Source: https://www.momjunction.com/articles/tips-for-losing-weight-after-pregnancy_00387975/