

Healthy Weight: After Pregnancy

Achieve a healthy weight



Things to do **EVERY DAY**
for healthy women and babies:

Exercise – 30 minutes a day, 5 days a week

Vitamin – 400 micrograms (mcg) of Folic Acid per day

Educate yourself about medicines and chemicals that can cause birth defects

Reproductive life planning – set your personal goals for birth control and future children

Yearly doctor visits to discuss physical and mental wellness

Diet – Vegetables, fruits, and whole grains daily

Avoid tobacco, drugs, and alcohol

Your partner, friends, and family should be sources of support

Content from everywomancalifornia.org with permission from the Preconception Health Council of California.



Achieving a healthy weight

Achieving and maintaining a healthy weight can improve your health in many ways. If you're overweight, losing weight can benefit your health and may increase your energy level. It can reduce your blood pressure, reduce aches and pains, help you sleep better, and decrease your risk for heart disease, stroke, and type 2 diabetes. Achieving a healthy weight before getting pregnant again can help you have a healthy pregnancy and baby.

What is a healthy weight?

The table below shows the healthy weight range (in pounds) for your height:

| Height | Weight (pounds) | Height | Weight (pounds) |
|--------------|-----------------|--------------|-----------------|
| 4 ft. 9 in. | 86-115 | 5 ft. 6 in. | 115-154 |
| 4 ft. 10 in. | 89-119 | 5 ft. 7 in. | 118-159 |
| 4 ft. 11 in. | 92-123 | 5 ft. 8 in. | 122-164 |
| 5 ft. 0 in. | 95-127 | 5 ft. 9 in. | 125-168 |
| 5 ft. 1 in. | 98-132 | 5 ft. 10 in. | 129-173 |
| 5 ft. 2 in. | 101-136 | 5 ft. 11 in. | 133-178 |
| 5 ft. 3 in. | 105-140 | 6 ft. 0 in. | 137-183 |
| 5 ft. 4 in. | 108-145 | 6 ft. 1 in. | 140-189 |
| 5 ft. 5 in. | 111-149 | 6 ft. 2 in. | 143-194 |

How can you lose weight?

- There are many ways to lose weight, but it is not always easy to keep the weight off. The key to successful weight loss is making changes in your eating and habits that you can keep up for the rest of your life.
- To lose weight, you need to take in fewer calories than you use. You can do this by creating and following a plan for healthy eating and regular exercise. Tips for healthy eating include eating breakfast everyday, eating five to nine servings of fresh fruits and vegetables per day, avoiding high-fat foods, eating whole grains, drinking more water, and keeping portions reasonable.
- Remember to set reasonable goals, be patient as losing weight takes time, find others to support you with your weight goals, try to walk or do another form of physical exercise each day, and keep a food diary to log food intake.
- Breastfeeding can help you lose weight, and it provides excellent nutrition for your new baby. You can diet, exercise and still breastfeed.

If you need help losing weight, talk to your health care provider. Your provider can give you tips for losing weight and refer you to nutrition counseling for your specific needs.

Remember your ABCs:

folic  cid  reastfeeding  ontraception

For more information, go to:

California Center for Physical Activity: caactivecommunities.org

Every Woman California: everywomancalifornia.org

March of Dimes: marchofdimes.com/Pregnancy/afterbaby_losingweight.html