

My Healthy Weight Loss after Pregnancy

What is my healthy weight?

Circle your height and find your healthy weight range.

| Height | Healthy Weight Range, pounds |
|--------|------------------------------|
| 4' 10" | 89- 118 |
| 4' 11" | 92-123 |
| 5' | 95-127 |
| 5' 1" | 98-131 |
| 5' 2" | 101-135 |
| 5' 3" | 105-140 |
| 5' 4" | 108-144 |
| 5' 5" | 111-149 |
| 5' 6" | 115-154 |
| 5' 7" | 118-158 |
| 5' 8" | 122-163 |
| 5' 9" | 125-168 |
| 5' 10" | 129-173 |
| 5' 11" | 133-178 |
| 6' | 137-183 |

How can I lose weight in a healthy way?

1. Follow the handout *My Healthy Eating Plan*.
2. Be active each day for at least 20-30 minutes.
 - Take your baby for a walk.
 - Lay your baby next to you on the floor while you stretch.
 - Hold your baby in your arms and dance.
3. Breastfeed your baby for 6 months or more.

How long should it take me to lose weight?

It may take 9 – 12 months to get back to what you weighed before you became pregnant.

After 12 months, if you are not at a healthy weight, ask your doctor for advice.

Why have a healthy weight before getting pregnant again? You have a greater chance of having a healthy pregnancy and baby.

Each day:

- Take a multi-vitamin with at least 400 micrograms of folic acid.
- Get enough sleep even if it is a few hours at a time.

