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A pregnant Nicole Kidman leaving the gym
Bauer-Griffin

[Fit and Slim After Pregnancy](#)

After those diet-free nine months, you can have your body back in no time

After giving birth, the hardest part comes when, while also taking care of the little one, you also have to get yourself back on track. Now that the baby is growing, you must be wondering if you'll ever be the same as before. Nutritionists say that being slim again and fit after the pregnancy is not an impossible task, as long as you're exercising enough and you're eating properly (both for you and the child, if you're breastfeeding). It's for the best if you don't start exercising right after you give birth, as your body is not strong enough yet. You should wait six to eight weeks (in case you've had a cesarean), and then start working out, at least a couple of times a week, for about half an hour. For those of you who want to get back to their former shape even faster, you can exercise every day and create a daily routine that will help the body recover. The areas to which special attention must be paid are the stomach muscles and the "pelvic floor" muscles (which you might have been working out during pregnancy too, as the much-applauded Kegel exercises make labor a lot easier). The stomach muscles need to be toned again, as they've been put to serious stress during pregnancy (they are stretched now and not firm at all, giving your stomach a floppy look). As for the extent and the reason why pelvic muscles are so important, the answer is pretty obvious. Maintaining your health and losing weight at the same time is not that easy, and this is why a wise mom should have in mind at least six months to get the desired body shape. A healthy, balanced diet is also essential, as your body and the baby still need all the nutrients they can get from food - if you're trying to lose weight by starting a stricter diet, forget about it, because the quality of your milk depends on the quality of the food you're eating. Specialists say that walking and stretching your legs as often as possible can also prove to be helpful, even sooner than those regular six weeks of recommended "pause," especially if you've been working out before and during the pregnancy. An encouraging example in such case would be Nicole Kidman, who's been exercising a long time after getting pregnant, in order to get back to her former shape as soon as possible after her child's birth. In true "a picture is worth a thousand words" style, have a look at the pics and see for yourself just how doable getting back in shape after pregnancy is.