



# POST DELIVERY WEIGHT REDUCTION PROGRAM

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## Post Delivery Weight Reduction Program

Just as you were preparing your body for motherhood- the hunger pangs, extra nutrition required and care from your partner and family ensured that you fare well and welcome your bundle of joy. Post delivery it is important that you slip back into a healthy diet regime to lose the extra pounds.

## Because you want your old body back!

Who doesn't want to slip back into the old jeans and clothes? The difference is that since you are breastfeeding, crash diets are out of question. You have to choose well developed expert advised programs that ensure that your weight loss doesn't have an impact on your baby.

## The right time to start?

Before you get back to your old exercise regime or start anew, consult your doctor. Your delivery decides when you can begin your postnatal weight loss. You may be advised to wait for six weeks post delivery. C section cases may differ.



## Weight Reduction Specialists

To ensure that you do your body no harm, it is advised that you follow the expert opinion of the specialists to lose weight. Paras Bliss is supported by a team of professionals' specializing in Post Natal Weight Loss Programs. The specialists customize programs as per the Body Mass Index (BMI) of every mother and develop plans that shall suit the new mother the best.

*Gynecologist/Obstetrician:* They record the patient history and study your delivery. Post analysis they suggest the suitable time to commence exercise, diet and weight loss programs.

*Physiotherapists:* They are the back bone of the program and provide the new mother the zeal to get back in shape. At Paras Bliss, the rehabilitation experts have developed a series of sessions that aim at strengthening the muscles of the body, provide cardiovascular fitness, condition the abdominal muscles and firm up the body. The specialized exercise sessions are:

- ▶ Zumba – for toning the muscles
- ▶ Pilate – for conditioning the abdominal muscles and firming up the body
- ▶ Aerobics – for releasing the stiffness and making the body more flexible
- ▶ Weight training – to regain muscle strength
- ▶ Yoga – to relax, relive stress and introspect

*Nutrition Experts:* They ensure that along with the exercise you get the right diet. Medically it is advised that all mothers opt for exclusive breastfeeding for the first 6 months. The diet specialists develop your balanced diet chart to ensure that you and baby remain healthy. The diet prescribed is keeping in mind the lactation requirements. The charts are developed with reference to your BMI and medical history. Mothers are not advised crash diets or to eat less food, they are only recommended healthy food habits that can bring a change to their body.

*Expert Masseurs:* Post delivery your abdominal, hip and leg muscles need toning. Your body has gone through a process of change. To embrace it, Paras Bliss, accompanies your Post Natal Weight Reduction Program with specialized massages. The expert masseurs provide belly wraps and massage your body with aromatherapy and reflexology.





<i>Session Duration</i>	<i>Month</i>
Gynaecology / Obstetrics assessment	1- Pre Program 1- Post Program
Physiotherapy	5 days – 1 hour each day
Day 1	Zumba
Day 2	Pilates
Day 3	Aerobics
Day 4	Weight training
Day 5	Yoga
Nutrition Expert	1- Pre Program 1- Mid Session 2- Post Program
Massage Therapy 1	1- Aroma therapy session 1- Reflexology session



## OUR SPECIALITIES

Obstetrics  
Gynaecology  
Neonatology  
Paediatrics  
Fetal Medicine  
Cord Cell Preservation  
Lap Gynae  
Dermatology & Cosmetic Surgery  
Infertility Treatment  
Adult & Child Dentistry  
Women & Adolescent Health  
Dietetics & Nutrition  
Painless Delivery  
Physiotherapy

## OUR SPECIAL PROGRAMS

Ante Natal Class  
Post Delivery Weight Reduction Program  
Lactation Counseling  
Baby Care/ Toddler Care  
Baby Massage Treatment  
Mommy Massage Treatment – Pre Natal & Post Natal  
Pal Services  
Adolescent Hygiene Program  
Stretch Mark Treatment Plan



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