



7 Healthy Ways to Get Your Body Back After Baby

By: Rachel Bowie | Jul. 23, 2018

If anyone knows about post-childbirth recovery, it's wellness guru (and Coterie member) Hilaria Baldwin. Together, with her husband Alec, she has *four* adorable kids—including her most recent addition, Romeo, who arrived this past May. But, now that she's a little over eight weeks out from her delivery, Hilaria's starting to think about healthy choices she can make on the path to getting her body back. Here, her guide on where to start.

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FIRST AND FOREMOST, PACE YOURSELF

Hilaria's bottom line when it comes to a healthy recovery after baby? Listen to your body. "Every single pregnancy and delivery is different, so there's no one size fits all approach," she explains. Hilaria—who had pneumonia when she gave birth to Romeo—says the jumping off

point is to always pay attention to how you feel when diving back in to fitness and adjust your get-in-shape plans from there. (As a reminder, you can also talk to your doc if you have any questions.)



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FOCUS ON CONSISTENCY VERSUS TIME AT THE GYM

We all put the same pressure on ourselves thinking it's not a quality workout if you're not devoting a huge block of time. On the contrary, during this time, it's better to focus on the number of days you're actually working out, not the hours logged, according to Hilaria. "I've been jogging again and I know that even if I just go for 15 or 20 minutes five times a week, that's better than doing two hours one day a week," she says. "It's more about showing up, being present and trying to carve out a little bit of time each day."

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LET GO OF THE IDEA OF ROUTINE

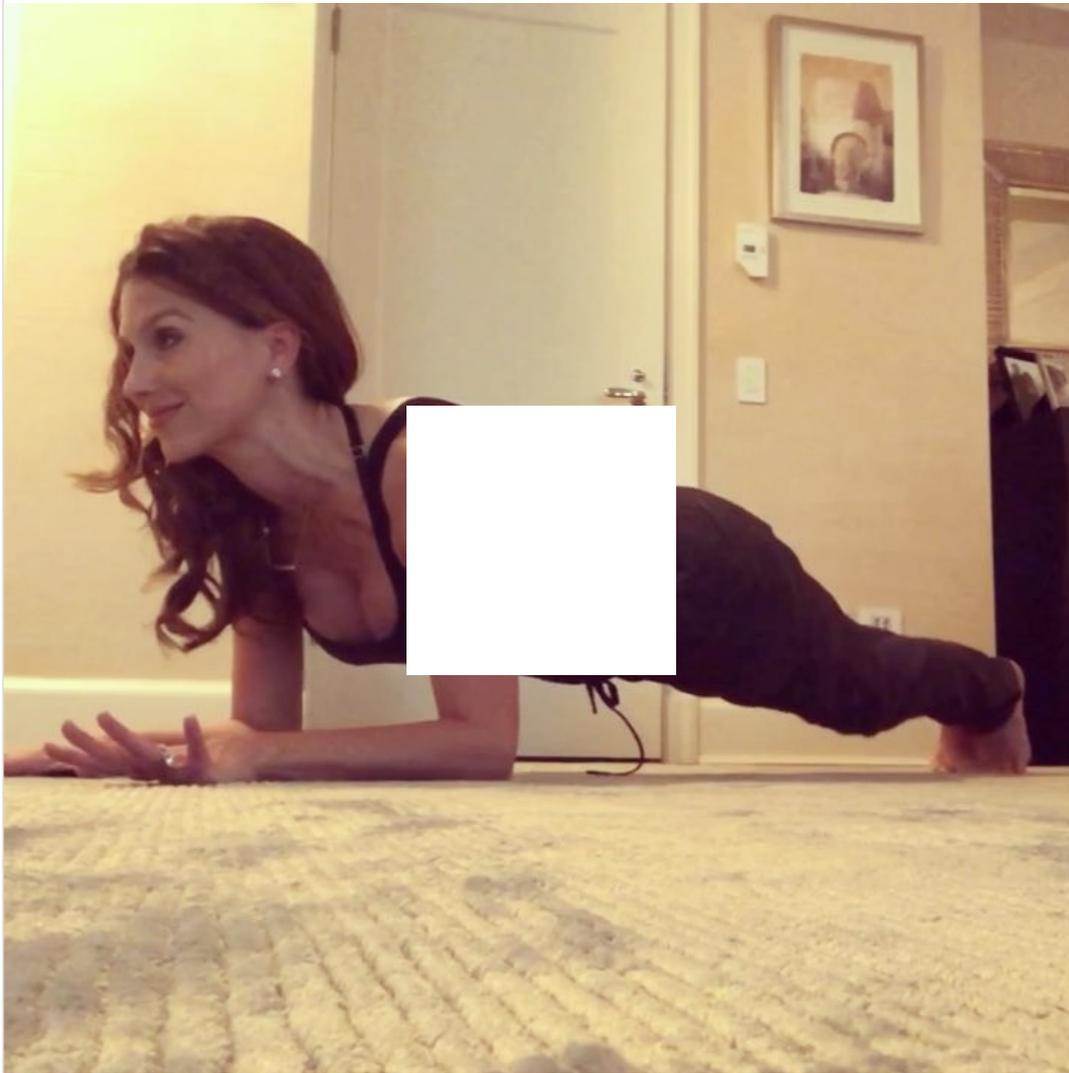
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As a fitness professional, Hilaria is the first person to say that the best thing you can do to see results is exercise at the same time every day. As a mom of four, that luxury is gone. “Now, I get to work out when it’s convenient for everyone else—but it’s a good reminder for me and everyone else—that that still totally counts,” she says. “It becomes a case of setting priorities. I know that, every single day, it’s a priority for me to work out. That may mean I need to pivot all day long to squeeze it in—like this morning, I saw a window and went for a 20-minute jog at 7:45 a.m. As long as it happens, that’s OK.”



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CHOOSE A WORKOUT THAT GIVES YOU MORE BANG FOR YOUR BUCK

Per Hilaria, the more kids you have, the more you want to consolidate the time you devote to fitness efforts. “If I can put my jogging shoes on and go for a run for 30 minutes and end up back at my house with zero commuting time added on, I count that as a win,” Hilaria

explains. Another tactic: The 5-minute workout. “If I have even just five minutes of free time, I might get down and do some crunches. Or three minutes—I can lift weights. It’s all about efficiency,” she says.

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AND SNACKS THAT NOURISH WHEN YOUR BODY NEEDS IT MOST

You're tired. You might be breastfeeding. There are a number of reasons you need more nutrients during this time. "I try not to think of it as dieting or restricting, but rather that I'm 'parenting' my body during this time," Hilaria explains. "For example, if I'm telling my kids all the time, 'No, no no,' my child is going to feel like they're not capable of having what they need. Instead, it's more about finding alternatives. So, I can't have a piece of chocolate cake every single day, but I can have a great granola bar or a great smoothie with fruit that's another, healthier avenue to satisfy my sugar needs."



DON'T UNDERESTIMATE THE CONVENIENCE OF AMAZON FRESH

“I keep my pantry stocked with coconut water, GoMacro bars, quinoa and spinach chips and a lot of hummus,” Hilaria says. “I’m all about anything that’s really fast since I have zero time for food prep. I use Amazon Fresh, Pantry—all of them—whatever service helps me stay organized with healthy snacks on hand when life gets chaotic.”



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FOCUS ON EXTERNAL *AND* INTERNAL STRENGTH

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