

■ 10 Exercises to Get a Flatter Tummy for New Moms

This guide provides a safe, step-by-step plan to help new mothers restore core strength, flatten the tummy, and regain confidence after childbirth. Always consult your doctor before starting any new exercise program.

1. Diaphragmatic Breathing

Lie on your back, knees bent. Place one hand on your chest and one on your belly. Inhale deeply, feel belly rise, exhale pulling belly button toward spine. Strengthens deep core and improves pelvic floor connection.

2. Pelvic Tilts

Lie on your back, knees bent. Flatten lower back against the floor by engaging abs and tilting pelvis upward. Hold 3 seconds, release.

3. Pelvic Floor Exercises (Kegels)

Contract pelvic floor muscles (as if stopping urine midstream) for 5 seconds, then relax. Repeat 10–15 times.

4. Heel Slides

Lie on your back, knees bent. Exhale as you slide one heel away from body, keeping abs engaged. Return and switch sides.

5. Bridge Pose

Lie on your back, knees bent. Exhale and lift hips off the floor, squeeze glutes and engage abs. Hold 3–5 seconds, lower.

6. Modified Side Plank

Lie on your side, knees bent, elbow under shoulder. Lift hips slightly, keeping core tight. Hold 10–20 seconds.

7. Bird Dog

Start on all fours. Extend right arm and left leg, keeping hips stable and abs engaged. Hold, then switch sides.

8. Seated Ball Squeeze

Sit upright, knees bent. Place a small ball/pillow between knees. Squeeze gently while engaging abs.

9. Standing Core Engagement (Vacuum)

Stand tall. Exhale fully and draw belly button inward (like zipping jeans). Hold 5–10 seconds, release.

10. Walking / Low-Impact Cardio

Begin with 10–15 mins brisk walking daily, gradually increase. Burns fat and improves stamina.

■ Beyond Exercises: Key Tips

- ■ Focus on whole foods, protein, fiber, and healthy fats.
- ■ Avoid refined sugar, fried foods, and heavy snacking.
- ■ Maintain good posture while feeding/carrying baby.
- ■ Check for diastasis recti; avoid crunches if severe.
- ■ Prioritize sleep and stress management (deep breathing, meditation).
- ■ Be patient: allow 9–12 months for full recovery.