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6 week pregnancy weight loss

A big bonus to working out with Sara postpartum was I managed to end up with a smaller butt than I had before I was pregnant! That and I feel like weight re

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The dos & don ts of postnatal exercise - pushy

DO: Wait to get the all-clear from your GP at your postnatal check to re-start your exercise routine approx. 6-8 weeks after the birth (10 wks after a C- section.)

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