



Lose Your Mummy Tummy

Julie Tupler, Jodie Gould

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Pregnancy naturally separates a mother's outermost abdominal muscles to make room for her growing uterus. Called a diastasis, this separation doesn't fully close up in 98 percent of new moms. The larger the diastasis, the weaker the muscles and the greater chance for mom to develop back problems down the road. Of perhaps greater concern for moms, new and veteran alike, the larger the diastasis, the bigger the belly that just won't seem to go away after baby's delivery! Lose Your Mummy Tummy introduces the Tupler Technique, a set of deceptively simple abdominal and breathing exercises that decrease the diastasis and result in a firmer, flatter, and stronger belly. Like Kegels-those all-important and privately-practiced pregnancy exercises-the Tupler Technique can be practiced almost anywhere and at anytime. Including illustrations for a 15 or a 30-minute at-home exercise routine, Lose Your Mummy Tummy ensures: A tighter, flatter stomach A smaller waistline A reduction or elimination of back pain The ability to safely lift your baby and heavy objects More energy Better posture The perfect preparation for your next pregnancy

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Heather Sessoms:

Spent a free the perfect time to be fun activity to perform! A lot of people spent their spare time with their family, or all their friends. Usually they doing activity like watching television, planning to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Can be reading a book may be option to fill your totally free time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to test look for book, may be the publication untitled Lose Your Mummy Tummy can be great book to read. May be it can be best activity to you.

Lisa Langlais:

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