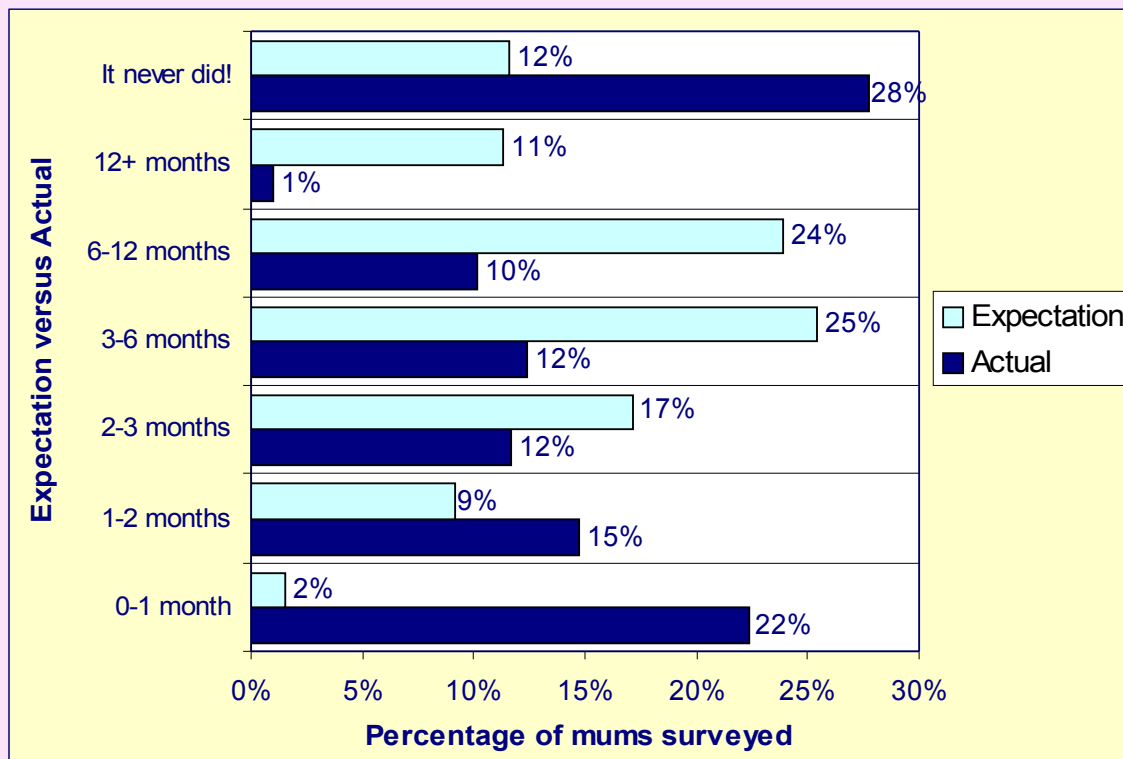


Survey Question:
“How soon after birth do you expect your figure to return?”
compared with
“How soon after birth did your figure return?”



Information about the survey:

- Mums report that, on average, their figure returns to normal 3.2 months after the birth of their baby.
- However, nearly 1 in 3 mums say that their figure never does return to its pre-birth state, which is more than double the expectation that pregnant women have!
- Of those that do say their figure returns to normal, more than 99% say that this happens within 1 year.
- An amazing 1 in 5 women say that they get their figure back within a month of giving birth.
- Pregnant women are generally expected to gain around 30 pounds in weight. Approximately 12 pounds of this weight is lost at the birth (baby + placenta, etc). Much of the rest of the excess weight is burned off naturally over the next few months - with mums who breastfeed reported to burn significantly more calories naturally.

Useful Links (see the 'more info' tab for all links)	
Link Type	Website Address
Advice on getting your figure back	www.babycentre.co.uk/baby/youafterthebirth/exercisepostbaby/bodybackexpert/
Advice on getting your figure back	www.rollercoaster.ie/new_baby/exercise.asp
Advice on getting your figure back	www.babyworld.co.uk/information/newparents/post_baby_shape-up.asp
Advice on getting your figure back	www.ukpregnancy.com/post-natal-exercise.html
Advice on getting your figure back	www.uk-home-information.co.uk/getting-fit-after-pregnancy.htm
Advice on getting your figure back	www.yourbabytoday.com/newbaby/newbaby_healthy_mom/prepreg_weight.html

Survey Stats	
Date of survey	February 2007
Number of mums surveyed	926
Type of mums surveyed	327 pregnant women; 599 mums