
Pregnancy as an excuse

Posted by IFeelStuck - 2008/10/14 12:15

I don't know about the rest of you, but I'm sick of hearing pregnancy being used as an excuse for obesity. For instance, has anybody heard of the Dugger family? They're the family with the TV show on cable, the ones with the 18 or so children. Guess what? She's not obese! OK, so she's got a couple of extra pounds, but with as many children as she's pushed out, she gets a pass for a few pounds.

There are two women who live across the street from me, a couple of houses apart, who further put the lie to the pregnancy excuse. One has a 6-month (approximately) old baby, and I just saw her this morning - she looks fine, real fine. The other has 3 children, the youngest being about two (saw her over the weekend). She's smokin' hot.

Sorry, but it's just another excuse. A few pounds? OK. Some tummy stretching? Kind of comes with the territory. But obesity? No way. That's just gluttony and laziness.

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Re:Pregnancy as an excuse

Posted by Nick - 2008/10/14 12:41

it's the cheapest and easiest way out of excuses

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Re:Pregnancy as an excuse

Posted by C.Ricci - 2008/10/14 12:51

Well, I know for me after 2 kids in 2 years and half of a thyroid sans meds, I am at the thinnest I have ever known for myself. I've never had my waist this small, seen my clavicles, or have such nice biceps..and I just turned 30.

Well, I guess everyone is different, I'm trying to keep up on myself and get dirty looks from the dumpy wives (and some teens/young adults) for it!!

Oh, well, to each their own, I guess.B)

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Re:Pregnancy as an excuse

Posted by Bijou - 2008/10/14 13:40

I gained 70lbs when pregnant. Largely thanks to my husband's insistence that I eat more for the baby (including plenty of so called "healthy" empty calorie items like fruit juice.)

However, in the same time it took to put on that obscene amount of weight it all came off (and some more) and with only moderate diet and exercise. It wasn't hard, I was just consistent with my approach.

Now I have a flat, firm tummy again and I am nearly the weight I was when my husband and I met.

All the other moms I know who are still carrying their baby weight want to know what I did. This isn't rocket science I tell them, its just a matter of regulating your calories in vs. your calories out.

Their excuse is the belief that "any weight you don't lose after 6 months postpartum will stay with you." Thats just not true, there is no magical fat that is immune to diet and exercise. If the fat is still there 6 months later, it isn't the fat it is you.

So folks should stop bemoaning the 35 baby pounds they added during the pregnancy. I put on 70 and lost it even though I couldn't even exercise for 2 months thanks to a cesarean. If I can do it anyone can (excluding those with valid medical reasons for their difficulties)

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Re:Pregnancy as an excuse

Posted by Sunshine08 - 2008/10/14 13:54

I think maintaining a healthy weight during pregnancy is the best thing a woman can do for herself and her baby. I know I made the mistake of gaining so much weight during my first pregnancy; however, I learned my lesson and gained well under the max for my 2nd (20), 3rd (30), and 4th (21) pregnancies.

When I talk with women who are at the point of considering motherhood (generally friends), and especially if they have the notion that "eating for two" is a free-for-all, I really encourage them to seriously consider changing their view. I use myself, and my 1st pregnancy, as a perfect example of what not to do. I share with them how, when a woman is taking care of a newborn & the long days and nights can be taxing, her healthy body/body image, & the ability to "bounce back" physically, will provide her with a sense of normalcy during a time that is rather uncertain (meal times, shower, cleaning, visitors, etc.).

Re:Pregnancy as an excuse

Posted by Chris - 2008/10/14 18:43

This whole notion that "you are eating for two" has to go.

The challenges and business of motherhood make it hard to lose weight. IMO, that has more to do with it than pregnancy itself.

Re:Pregnancy as an excuse

Posted by Mary45 - 2008/10/15 04:14

The challenges and business of motherhood make it hard to lose weight. IMO, that has more to do with it than pregnancy itself.

I have never given birth myself, but I know several women who have managed to go back to the pre-pregnancy weight fairly effortlessly. Pregnancy changes the shape and firmness of the body, but doesn't automatically result in obesity.

Being the mother of toddlers is hard, but so is running a business, planning military maneuvers, solving the financial crisis... Being stressed out, overworked and overwhelmed does not translate into overeating, unless you have an unhealthy and abnormal attitude to food. If you do, this attitude needs to change or you will overeat every time you run into rough spots in your life.

Re:Pregnancy as an excuse

Posted by markerbull - 2008/10/15 10:28

C.Ricci wrote:

Well, I know for me after 2 kids in 2 years and half of a thyroid sans meds, I am at the thinnest I have ever known for myself. I've never had my waist this small, seen my clavicles, or have such nice biceps..and I just turned 30.

Well, I guess everyone is different, I'm trying to keep up on myself and get dirty looks from the dumpy wives (and some teens/young adults) for it!!

Oh, well, to each their own, I guess.B)

Three cheers to you!! God I love seeing women like you walking around with your kids and seeing the "sour looks" the dumpy moms give. They can't stand the reality and you can almost hear them mutter things like "gifted genetics", "lucky", "I bet she has a personal trainer", etc. Keep up the good work and hopefully the hugelings will put down the fork and snap out of it.

Re:Pregnancy as an excuse

Posted by markerbull - 2008/10/15 10:39

Chris wrote:

This whole notion that "you are eating for two" has to go.

The challenges and business of motherhood make it hard to lose weight. IMO, that has more to do with it that pregnancy itself.

This seems to be most prevalent in our country because you don't see most other mothers blimping up and staying there after having a kid in other countries. Ladies like Mary and Sunshine are often looked at as crazy for not advocating the eating frenzy so common these days.

The best thing a woman can do for her baby and self is eat healthy, exercise in relation to trimester, take prenatals, and follow her doctor's advice.

On the postpartum thing I got my ass chewed out from my wife because I thought it was rare and that it was another drama excuse. Turns out I was half right. Statistics from the CDC say its around 10-15% in the U.S.

Source:<http://www.cdc.gov/search.do?q=PostPartum+depression&spell=1&ie=cp1252>

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Re:Pregnancy as an excuse

Posted by Sunshine08 - 2008/10/15 11:39

Chris wrote:

This whole notion that "you are eating for two" has to go.

The challenges and business of motherhood make it hard to lose weight. IMO, that has more to do with it that pregnancy itself.

So true! A pregnant woman only needs roughly 300 extra calories a day. Also, during pregnancy, the female body is naturally more insulin sensitive, so it's definitely a time when women should be really monitoring their sugar/carb - even healthy carb - intake, and not consuming cakes, cookies, candy, or loading up on tons of carbs.

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Re:Pregnancy as an excuse

Posted by IFeelStuck - 2008/10/15 11:44

How about this article:

<http://www.runnersworld.com/article/0,7120,s6-369-370--12461-0,00.html>

I read an article in Runners World a couple of months ago about a competitive runner who did a 10K while pregnant. She ran a pregnant 10K faster than I've ever run one in my life! That's my kind of woman!

<http://myfat spouse.com/images/fbfiles/images/pregnanrunner200x200.jpg>

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Re:Pregnancy as an excuse

Posted by anc526 - 2008/10/15 11:45

There is a great book called "What to expect when your expecting".

I've read it because I want to know the right things to do BEFORE I consider children. Which will happen once I get this weight off me.

But I also read it when my sister was pregnant with my niece. Because my sister was binging on reese's cups. I read the book, and then gave it to her with some highlighted passages.

It changed the way she did things completely. She started eating better, taking work-out classes for pregnant moms.

Now she has an amazing beautiful (i'm biased) HEALTHY daughter who just turned 1 year old on the 9th.

My sister also didn't gain no where near as much as some people do and she got the weight off PLUS an additional 20lbs.

Anyone who is expecting should read that book for the well being of their child.

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Re:Pregnancy as an excuse

Posted by markerbull - 2008/10/15 14:09

IFeelStuck wrote:
How about this article:

<http://www.runnersworld.com/article/0,7120,s6-369-370--12461-0,00.html>

I read an article in Runners World a couple of months ago about a competitive runner who did a 10K while pregnant. She ran a pregnant 10K faster than I've ever run one in my life! That's my kind of woman!

<http://myfatspouse.com/images/fbfiles/images/pregnanrunner200x200.jpg>

I see this too. My MMA instructors wife was doing Kung Fu until her latter 8th month of pregnancy and they have a very healthy baby boy. She was back to her pre pregnant size in about 5 weeks and after a year she started on baby two. No excuses there. This is why hearing all these excuses pisses me off. It takes away from the credit due to these other women that bust their butts to get in shape.

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Re:Pregnancy as an excuse

Posted by Namaste - 2008/10/16 00:54

Oh jeez, this pregnant lady and her friend came into my store and she bought a whole freaking bag of candy and said it was for the baby! Uh, yeah. She was not just pregnant with a little bit of baby fat here and there, she was full-on obese and pregnant. Riding the excuse to the bank, she was! :(

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Re:Pregnancy as an excuse

Posted by A101 - 2008/10/16 04:41

You can see the beginnings of a poor parenting style when a baby isn't even out of the womb yet, yet getting junk food.

All it does to adult bodies is wreck them, so it wouldn't do babies many favours.

It seems to come from a thought process of 'well any food will do, as long as we are fed', sort of like 'baby intuitive eating'.

"I want big mac followed by chocolate cake.....so the baby must need it".

<http://www.sciencedaily.com/releases/2007/08/070814212154.htm>

There is absolutley ZERO logic in feeding an unborn baby junk food (or yourself when breastfeeding) to help it grow, because all you are doing is expecting a baby to grow a healthy body, with foods that do nothing to bodies but wreck

them.

The same reason why i get so confused when you see parents giving their kids energy drinks like red bull.

Forget healthy baby drinks to help them grow, instead give them a high sugar energy drink originally designed for clubbers.

Oh yeah, then blame 'fat genes', rather than 'oh i was feeding my baby macdonalds before they were even born'.

Drinking, smoking and drugs are also known to not be good for babies in the womb, so why is junk food any differant?

How does a baby grow healthily on nutritionless food?

Here is also a little article on eating tips whilst pregnant: <http://www.minti.com/parenting-advice/2228/Pregnancy-Remembering-that-Eating-for-Two-is-not-Eating-for-Two-Linebackers/>

Some good simple info, typical stuff really, eat small healthy meals and such, don't pig out on lots of junk.

And the title is excellent: Remember that 'eating for two', does not mean 'eating for two linebackers' :laugh:

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Re:Pregnancy as an excuse

Posted by prodrome - 2008/10/24 21:40

Chris wrote:

This whole notion that "you are eating for two" has to go.

The challenges and business of motherhood make it hard to lose weight. IMO, that has more to do with it that pregnancy itself.

Especially when one of "the two" is the size of a package of bacon most of the time! Packages of bacon do not need many calories ;)P

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Re:Pregnancy as an excuse

Posted by markerbull - 2008/10/25 00:03

Check out the mom that after having twins and later on sextuplets she is skinny compared to the average dumpy 20 year old loping around here in Maryland.

This is after having 8 kids!!! <http://myfatspouse.com/images/fbfiles/images/Gosselins1.jpg>

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Re:Pregnancy as an excuse

Posted by IFeelStuck - 2008/10/25 10:37

John & Kate Plus 8, I've seen that show. I always thought she was hot, but I did find out that she got a tummy tuck. I guess it comes with the territory if you're going to get stretched out with sextuplets. At least that's ALL it was, and not obesity-related surgery.

I still think she's hot. :)

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Re:Pregnancy as an excuse

Posted by Chris - 2008/10/25 11:01

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Tummy Tucks are actually for the skin. People get the impression that they are for fat. Lipo with a tummy tuck accomplish that.

I can only imagine how much extra skin she had after bearing sextuplets.

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Re:Pregnancy as an excuse

Posted by loveloving - 2008/10/25 11:02

I have two girls, both adults now and I both times the neighbours didn't even notice that I was pregnant....ok, it was in the wintertime and I wore wintercoats but still....

When I came home with the baby, they couldn't believe it:laugh: :laugh: :laugh:

And I was down in weight to my before pregnancy weight within one month!:))

And I am almost the same weight (+ 5 lbs) since 30 years:)

During both pregnancies I worked on our own house, lugging lumberpretty heavy physical work altogether and both my girls are healthy and fit!:))

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