

Feeling frustrated with your post-baby belly?

I know how frustrating it can be when your pre-pregnancy jeans don't fit, and even looser clothes don't seem to hide the bulge.

Believe me,...

I've been there—feeling frustrated and losing confidence every time I looked in the mirror.

In those early days, I was willing to try **anything** to get my body back, and I thought crunches would be the answer...

But...

I quickly learned that crunches weren't helping—they were making things worse.

Here's why crunches aren't the best option after birth:

- **Abdominal Separation:** Crunches can worsen diastasis recti, making your belly more prominent.
- **Pelvic Floor Health:** Crunches add strain to the pelvic floor, increasing the risk of incontinence or prolapse.
- **Recovery Needs:** Your body needs time to heal, and intense abdominal exercises too soon can slow down recovery.
- **Incorrect Technique:** Post-baby bodies need specific techniques to avoid injury.
- **Better Alternatives:** There are safer, more effective exercises that gently rebuild your core without straining it.

That's why...

I always recommend **avoiding crunches** right after birth and working with a specialist in postnatal fitness to ensure you're doing what's best for your body.

-Ankita

P.S. If you're ready to lose your mommy tummy and feel confident in your body again, I'd love to help! Book a **[free call now](#)**, and we'll create a plan that works for you.

[Book Your Free Call Now] (Link)

