

Abstract

Thesis title: Regime intervention for body mass reduction after birth

Objective: The main objective of this work is to present clear, coherent and complete information about two selected women during the postpartum period, to evaluate the regime intervention leading to weight loss after childbirth and outline the intervention of physical activities to help strengthen weakened muscles and improve the mother`s physical fitness.

Methodology: The work is based on the research of selected publications that deal with weight loss after childbirth. For the practical part, we used the qualitative approach, for our case study, we used detailed information from both women and interview.

Results of work: The result of this work is to evaluate, compare and summarize the regime intervention of two women who were willing to record in detail all their activities after birth and their weight loss.

Key words: Weight loss, exercise after childbirth, postpartum