

Abstract

Thesis title: Regime intervention for body mass reduction after birth

Objective: The aim is to present clear and comprehensive information about three women during the six weeks after childbirth. Then evaluate the regime measures leading to weight reduction and choose the right exercises to strengthen weak muscles and to improve physical condition of these women.

Methodology: This thesis deals with weight reduction after childbirth. Quantitative research was used in the practical part and the main method was a case study. Three women aged 27-35 years were the monitored probands. The first observed woman was at the time of childbirth 30 years old and she gave physiological childbirth. The second observed woman was at the time 30 years old and she gave also a physiological childbirth. The third observed woman was at the time of childbirth 27 years and she gave birth by the Ceasarean section. All of the three women were primiparas. They wrote all their physical activities, frequency of food during the day and their weight loss in postpartum period. An indirect field research, more precisely bioimpedance technique, was used to determine body composition in this thesis. For the thesis purposes BODYSTAT 1500 device was used.

Results of work: The result of this work is evaluation, comparison and summary of regime measures of the three observed women. The study of our work indicates that the primipara's weight reduction is influenced by the individual variability. The first observed woman lost 12 kg during the birth and the postpartum period, the second woman 9 kg and the third 7 kg. All of the paras exercised for the muscles of the pelvic floor, abdominal muscles and done breathing exercises. The waistline decrease of the first para is 6 cm, the second 10 cm and the third 2 cm. Their percentage of body fat reached at the end of the postpartum period lower values then after childbirth. The first para's measure reduction is from the 28.2 % to 24.4 %, the second from 18.5 % to 12.8 % and the third from the 32.3 % to 25.9 % The population average ranges is from 20 to 26%. BMI of the first and the second para is in the range of overweight. This indicates range higher than 25 kg / m².

Key words: Weight loss, postpartum, exercise after childbirth