

Annex A

Important note: The average postnatal weight retained is derived after subtracting the postnatal weight from the pre-pregnancy weight which varies according to individuals.

Figure 1: Postnatal weight retained (grammes) by feeding practices among 347 mothers with normal and high BMI at 12 months after childbirth

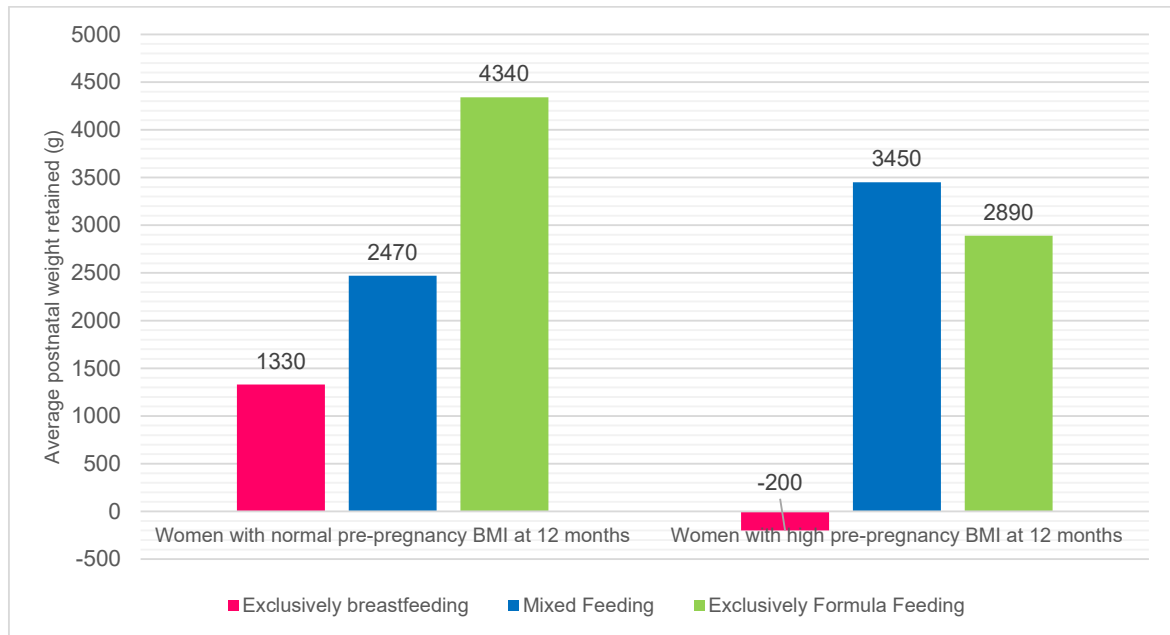
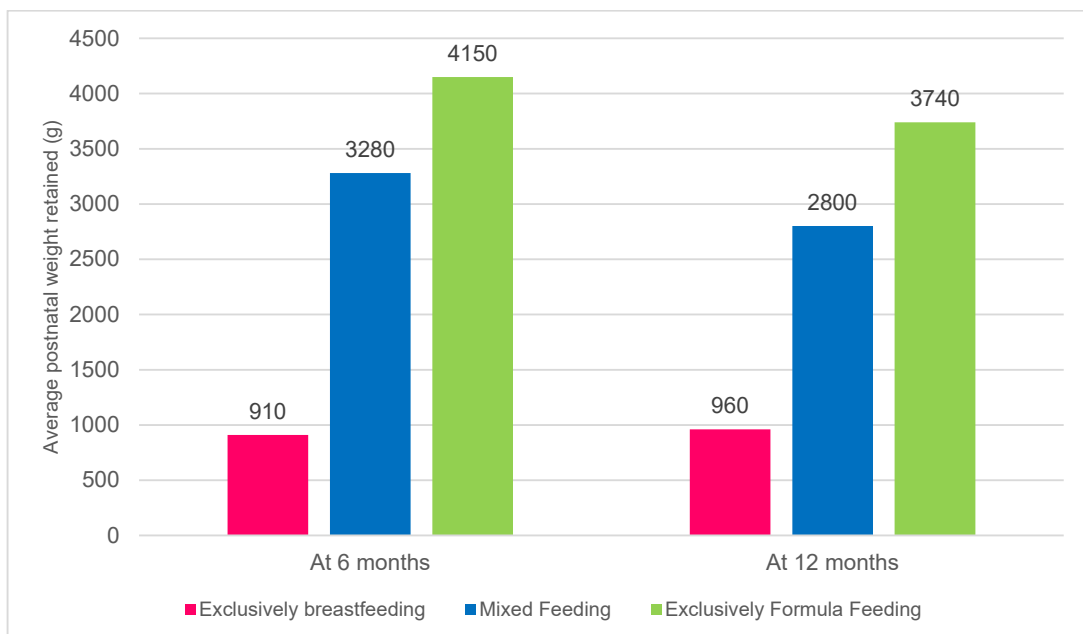


Figure 2: Postnatal weight retained (grammes) by feeding practices of 332 women with all BMI at six and 12 months after childbirth



Tip for weight loss after childbirth

Breastfeeding burns up to 500 calories in a day, depending on the frequency and duration. The most effective way to lose postnatal weight is by combining exclusive breastfeeding with a balanced and healthy diet and regular exercise. Other benefits of such a healthy lifestyle include improved cardiovascular health, strength, and mental well-being.

The following are some common activities that a woman can do to burn about 500 calories, though the actual calories burned may fluctuate depending on factors such as a woman's age and body composition:

- Brisk walking: ~ 90 minutes
- Running: ~ 45 minutes
- Cycling (moderate): ~ 70 minutes
- Aerobics: ~ 60 minutes
- Swimming (vigorous): ~ 45 minutes