

## BODY AFTER BABY KELLER JACKIE%0A

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[Body After Baby: A Simple, Healthy Plan to Lose Your Baby ...](#)

[Body After Baby: A Simple, Healthy Plan to Lose Your Baby Weight Fast \[Jackie Keller\] on Amazon.com.](#)

\*FREE\* shipping on qualifying offers. Nutrition expert Jackie Keller explains that women's bodies are designed naturally to drop pounds in the thirty days after childbirth. With this in mind

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About [Body After Baby](#) Nutrition expert Jackie Keller explains that women's bodies are designed naturally to drop pounds in the thirty days after childbirth. With this in mind, she developed a thirty-day nutrition and workout program composed of easy-prep meals and gentle daily workouts that take ten minutes or less to complete.

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[Body After Baby](#) provides active moms with the next generation of Smart Maternity and Postpartum Compression Support and Recovery Wear designed to

improve comfort, reduce pain, and speed up recovery so you can focus on your baby, while we focus on your body!

#### **Body After Baby | Parents**

Body After Baby Doctors often refer to the six weeks after delivery as the "fourth trimester" because your body is continuing to change so much. However, weight fluctuations aren't the only

#### **Body After Baby: 3-month update - The Balanced Life**

Body after baby: my 3-month postpartum update. I am so relieved to hear that someone else is in the same boat as I am!! My first baby was a piece of cake!

#### **4 Truths About Our Post-Baby Bodies -**

[scarymommy.com](http://scarymommy.com)

You go girl. Do not give up the wine. Meanwhile, this woman is even skinnier than her friend. I get it. After the initial shock of bringing home baby fades and you've settled into the whole motherhood thing, you turn your laser beam focus on getting your body back.

#### **Health, Wellness and Life Coaching | Los Angeles**

Jackie Keller is the Founding Director of NutriFit, LLC, and a National Board Certified Health & Wellness Coach (NBC-HWC) issued by the National Board for Health & Wellness Coaching and holds multiple other professional certifications including ACC, CPWC, and BCC with specialty designations in Health and Wellness.