

THE DIFFERENCE BEGINS WITH ME!



Get rid of Pregnancy Fat

“How much weight will I gain during pregnancy and how fast can I lose it?”, “What if I end up wearing Mom jeans forever?” etc. These are questions often asked by pregnant women. In fact, the biggest concern after giving birth is not only the little baby, but also how to lose pregnancy fat as soon as possible. It’s time to put your idea into action; here are some proven steps to get back into shape after having your baby.

Experts suggest that breastfeeding can greatly help new mothers lose weight after pregnancy. Breastfeeding burns 400 to 600 calories a day; even if all you do is sit comfortably and feed your baby, you could still be losing weight.

Get up and move! Most women’s bodies aren’t ready for serious exercise until six weeks after giving birth; it may be longer if they’ve had a Cesarean section. However, you can always start by walking at your backyard or around the block. You don’t even have to leave your neighborhood: pushing a stroller for 30 minutes burns 150 calories, walking up and down the stairs for 15 minutes give the same effect too. Work this into your daily routine so it becomes a habit.

You should also consider TRA weight management program to help you lose weight successfully. TRA is a revolutionary weight management program designed to transform the weight loss process—combining the right products, right nutrition and right exercise—this program works at the cellular level to burn fat, block cravings and boost energy, giving you the support you need to finally get rid of your pregnancy fat. With TRA, achieving and maintaining your ideal weight is never just a dream!

Remember! The excess pounds you shed now can help promote a lifetime of good health.



After giving birth, I thought it was normal to have a big tummy, a wide waistline, and experience weight gain. I tried skipping meals and other weight loss methods, but none of these worked for me. I was introduced to go on the TRA Program by a friend and surprisingly, I not only lost weight, but my body figure looks better now than before I was pregnant. Most importantly, it helps me reduce my waist and hip measurement. TRA is just so different and does not cause any YOYO effect. I’ve been taking TRA for more than 2 ½ years. Thank you TRA for giving me back my body shape and helping me stay healthy!

Jane Looi Jye Yng, 30 years old, Homemaker, Malaysia

	Before	After	Difference
Weight	58.0kg	47.8 kg	-10.2kg
Body Fat Percentage	32.8%	23.8%	-9.0%
Upper Arm Circumference	26.0 cm	23.0 cm	-3.0 cm
Waist Circumference	88.5 cm	70.0 cm	-18.5 cm
Abdomen	93.0 cm	81.0 cm	-12.0 cm
Hip Circumference	95.0 cm	85.0 cm	-10.0 cm

Disclaimer: Individual results may vary.