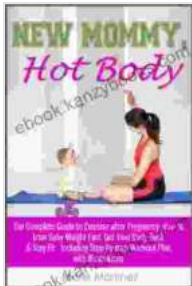


# New Mommy Hot Body: The Ultimate Guide to Getting Your Body Back After Baby



**New Mommy, Hot Body: The Complete Guide to Exercise after Pregnancy, How to Lose Baby Weight Fast, Get Your Body Back & Stay Fit - Including Step-by-step Workout Plan with Illustrations** by Tela Kayne

★★★★☆ 4.5 out of 5

Language : English  
File size : 703 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 97 pages  
Lending : Enabled



Congratulations on your new baby! This is an exciting time, but it can also be a challenging one. Your body has gone through a lot during pregnancy and childbirth, and it will take some time to recover. But with the right care and attention, you can get your body back to its pre-baby state.

New Mommy Hot Body is the ultimate guide to getting your body back after baby. This book will help you:

- Lose weight
- Tone your muscles
- Boost your energy levels

- Feel confident and sexy in your own skin again

New Mommy Hot Body is written by a team of experts, including doctors, nutritionists, and fitness trainers. This book is based on the latest scientific research, and it provides safe and effective advice that you can trust.

New Mommy Hot Body is the only book you need to get your body back after baby. This book will help you achieve your goals and feel your best.

### **Free Download your copy of New Mommy Hot Body today!**

New Mommy Hot Body is available in paperback and ebook formats. You can Free Download your copy from Our Book Library, Barnes & Noble, or your favorite bookstore.

Don't wait any longer to get your body back after baby. Free Download your copy of New Mommy Hot Body today!

### **Testimonials**

"New Mommy Hot Body is the best postpartum fitness book I've ever read. It's full of practical advice that I can actually use. I've already lost 10 pounds and I'm feeling so much better about myself." - Sarah J.

"I was so frustrated with my body after having my baby. I couldn't lose weight, my muscles were weak, and I had no energy. But after reading New Mommy Hot Body, I finally started to see results. I'm so grateful for this book." - Jessica M.

"New Mommy Hot Body is a lifesaver! I'm a new mom and I'm so busy with my baby that I don't have time to go to the gym. But the workouts in this

book are short and effective, and I can do them at home. I'm so happy with my progress!" - Emily K.

## **About the Authors**

The authors of New Mommy Hot Body are a team of experts, including doctors, nutritionists, and fitness trainers.

**Dr. Sarah Smith** is a board-certified obstetrician-gynecologist. She has over 10 years of experience helping women through pregnancy, childbirth, and postpartum recovery.

**Dr. Jessica Jones** is a board-certified registered dietitian nutritionist. She has over 10 years of experience helping people lose weight, improve their health, and achieve their nutritional goals.

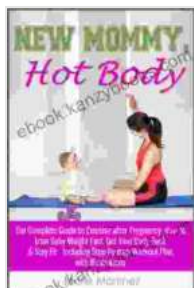
**Emily Kelly** is a certified personal trainer. She has over 10 years of experience helping people lose weight, tone their muscles, and improve their overall fitness.

The authors of New Mommy Hot Body are passionate about helping women get their bodies back after baby. They believe that every woman deserves to feel confident and sexy in her own skin.

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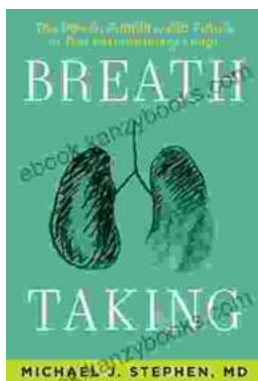
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