

Home > 9Mums

5 sneaky ways to beat the bloat

By Dilvin Yasa · Feb 6th, 2017



[Share](#)
[Pin it](#)
[Tweet](#)
[Mail](#)
[More](#)

As a fellow mum, I'm going to call it: unless you're getting paid squillions to strut your stuff in a Victoria's Secret parade, you really don't need to worry about your stomach. You don't need an Adriana Lima-style 'two workouts a day and no solids for nine days before a show' routine, and you don't need to Instagram your post-baby body (unless like most of us, you're channelling Aerosmith rocker Steven Tyler and showing off the collection of scarves you're draping around your curves).

But if you are feeling a little uncomfortable and would like to trim your belly down without said Lima workout, celebrity and model personal trainer Ricardo Riskalla of [Rawfit](#) has some quick tips for you.

1. Reduce your salt intake

The quickest (and simplest) way to stop the bloat is by eliminating salt in your diet, says Riskalla. "Salt creates fluid retention which we know to be one of the main causes of belly bloat and that 'baby belly' feeling many women worry about." He recommends steering clear of table salt, Himalayan salt, soy sauce, tamari and stocks in particular, and always looking at the ingredients list. "Keep your eyes peeled for the word sodium which is in everything from bottled mineral water to pasta sauces."

2. Take a cold shower

Never mind the 40 degree heat; cold water has many other benefits, reveals Riskalla. "It's great for your skin and stimulates your lymphatic system which is responsible for removing toxins out of your body." Aim for a cold shower in the morning, or if that's unbearable, try lukewarm with a cold blast at the end.

3. Shop for new crockery

Studies show that the larger the plate, the more you're likely to eat, so make the change to daintier dinnerware. "Using smaller plates at the dinner table will organically stop you from overeating and you probably won't even notice the difference," he says.

4. Walking is king

Banish the idea of rigorous daily workouts and instead aim to take a gentle walk in the sun. "It's simple, it's free and it's the perfect exercise for mums with prams," he says. In an ideal world, (hint: it's not an ideal world), you should aim to get an hour of walking in every day.

5. Relax when you can

In what could be the best piece of wellness news ever, Riskalla recommends lazing on the couch and doing absolutely nothing. Okay, not quite, but he does recommend finding suitable ways to reduce your stress levels. "Worries can mess up your body's chemistry so it's important to keep your body and mind relaxed," he says. Deep breathing and meditation in particular can be helpful, he adds. "Start slowly, putting aside three minutes every morning to find your calm and then build it up according to your lifestyle and time."

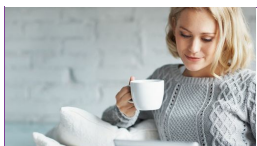
[9Mums](#)
[Mums](#)
[Parenting](#)

Previous

JK Rowling and Ricky Gervais team up against Donald Trump

Next

Female presenter posts extraordinarily honest post about being 'too old' for TV



Honey

Get stories like this one delivered to your inbox daily

[Subscribe Now](#)

Honey

Make life sweeter. Subscribe to our free email updates.

[Subscribe Now](#)

Life **Mums**

Boys bullied at school because their mum's a feminist

Shares her story on Facebook and gets some powerful advice

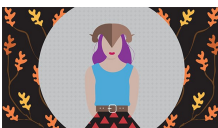
Hostage Negotiation

An open letter to the women who mum shamed me

Megan Gale's son knows his dinosaurs: the flash cards you'll want for your kids

Madonna's twin daughters get their first Barbie dolls

Your Daily Horoscope



Aries

"The new Moon in Aries gives you a new lease of life right now and ensures right new ideas further how you can present yourself to others. Consequently..."

[View Aries Horoscope](#)

Set your star sign ▾

Latest **9NEWS**

Widespread damage across north Queensland as cleanup begins

Tourist charged extra for car hire while stuck in Cyclone Debbie

Parched King Cobra drinks from a water bottle in India