One of the biggest nightmares for our new-mum is to see the skin around the breasts hanging around, hence one of the reasons why women feel a bit self-conscious after having a child. Our skin is an elastic organ; it stretches and contracts with the shape and movement of our body. If weight is gained, our skin expands to accommodate the weight gain, and the opposite also happens as well. When weight is lost, our skin may not contract as much as it once did, which is why we may suffer from skin excess and sagging.

As with most weight loss ventures, there are some methods that can be taken to avoid the dreaded 'sagging' of skin from weight loss. There are some simple tips that can be made to ensure you don’t end up with a shapeless bum.

1. Diet, diet and diet

Our skin is an elastic organ; it stretches and contracts with the shape and movement of our body. When weight is gained, the skin expands to accommodate the weight gain, and the opposite also happens as well. When weight is lost, our skin may not contract as much as it once did, which is why we may suffer from skin excess and sagging. The law of gravity in pushing body tissue south, which is not what we want.

2. Go slow

Weight loss should be done with an experienced trainer who knows how to pace the workout and lifestyle to prevent it happening in the first place. There are some excess skin can occur in the form of 'chicken wing arms,' a distended stomach and a shapeless bum.

3. Do not do high intensity workouts

As with most weight loss, high intensity exercises seem to be a good idea in terms of calories burnt, BUT jumping around at rapid paces puts pressure on your joints and aids the law of gravity in pushing body tissue south, which is not what we want.

4. Do not do high intensity workouts

Weight loss and muscle gain are cumulative. If you are doing a full body workout, you should make sure that you can do the exercises in a controlled environment. If you go too fast, this is when the skin starts heading south.

5. Go slow

Drink lots of water to avoid fluid retention. We are talking about more than 3 litres a day. Skin hydration is key here.

Dry skin brushing, sugar and coconut oil scrubs and lymphatic drainage methods that can be taken to avoid the dreaded 'sagging' of skin from weight loss.

6. Be gentle

Gentle exercise is the way to go, not heavy weights. Try lighter body weight exercises.

In conclusion, be gentle. Diet, diet and diet. Go slow. Do not do high intensity workouts. Be gentle.