

WAYS YOU CAN LOSE A BABY



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The best thing you can do is talk with your parents. Let them know what is going on. If you want to have the baby, then have the baby. But consider giving it up for adoption. That way it can go to a family that can take care of it. It would be the best thing you can do for the baby.

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To lose a pound a week, you'll need to limit yourself to 2,000 to 2,200 calories a day if you're breastfeeding 1,600 to 1,800 if you're not. You can add extra calories if exercising.

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