Can I continue breastfeeding while on the programme?

Pre Sales · https://thesixpackrevolution.com/docs/what-if-i-am-currently-breastfeeding/

Firstly congratulations on your baby!

It’s fine to continue breastfeeding... just let your coach know when we start and they will give a couple of simple adjustments to help improve milk flow and of course it’s SUPER healthy. Exercise wise all depends on the birth and how the body bounces back so you will need to address that at the time but would recommend at least 8-12 weeks after birth before any strenuous exercise. But we can give light alternatives and the nutrition alone will give outstanding esults too.