



● Health ● Wellbeing ● Fitness

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# Dads who got baby bellies



WE'VE all heard about the phrase "eating for two" when a woman is pregnant.

But recent research shows that during the nine months of expectancy, dads-to-be gain an average of 11lb - more than the weight of a newborn. In a survey by the Fitness First gym chain, 75 per cent of fathers admitted gaining weight during pregnancy and the first year of fatherhood.

Sun nutritionist Amanda Ursell said: "There's something about the nesting instincts of a woman when pregnant that is rather contagious."

"The idea of a big life change can see you both refocusing your lifestyle. You may both want to stay in more, turn to favourite comfort foods and generally take your foot off the healthy pedal."

Here, LAUREN NAYLOR meets five formerly fit fellas who are struggling to shift their baby bellies and our experts offer tips on how to avoid packing on the pounds when your partner is pregnant.

## WHAT YOU CAN DO ABOUT IT...

Sun nutritionist Amanda Ursell says:

"Men need to be extra vigilant while their partner is pregnant because post-birth, a newborn baby can send regular and healthy meals way off track."

"One thing a man can really help with is the planning of meals and organising the shopping, even doing it online."

"If you have healthy things in the fridge, freezer and cupboards and don't buy any high-sugar or high-fat treats and snacks, they won't be there to raid."

"Prepare for battle because you'll need all the tools in your armoury to keep the weight down and healthy eating habits up."

"Try to set a great example to your pregnant partner because it's not recommended that she eats for two during pregnancy."

"In fact, women who start pregnancy with a normal body weight only need an extra 200 calories a day in the last three months of pregnancy."

"That's a couple of pieces of toast or a small bowl of cereal with skimmed milk."

"If you want to cosy up with comfort snacks, try plain yoghurts to puree down with bananas or berries and freeze at home."

"Frozen grapes, kebabs made of strawberries and mango or simply a big bowl of fruit salad will provide lots of vitamins but not masses of extra calories."

"Eating well during pregnancy is vital for women. Men should follow suit to avoid piling on pounds they could find hard to shift once the baby is born."

Sun fitness expert Nicki Waterman says:

"Even if you've never done it before, try exercising together. It's vital Mum, Dad and baby have a healthy pregnancy."

"Although your partner shouldn't start a new fitness regime during pregnancy, things you can do together include swimming and walking."

"It will also allow you to have some great quality time together."

"It's not a time to indulge in sofa surfing and high-sugar or high-fat snacks. Instead, it is a time to lay the foundations for a healthy family lifestyle once baby arrives."



**BLOG OF THE WEEK:** Perfect for those who are fans of juicing or are looking for healthy, nutritious, organic meal inspiration, goodnessguru.co.uk features recipes from all over the world that are bound to get you salivating as you read them.

Latest posts feature raspberry and pear overnight oats for breakfast and green spelt salad, which is packed full of vitamins and minerals.

**TWEET OF THE WEEK:** Thanks to Fitness First for this inspiring tweet: "Make your fitness goals happen, we know you can do it #Motivation"



motivation and want to shake up your fitness regime, the chain of gyms are offering you the chance to train like an athlete later this month. Inspired by real Team GB athletes, their new Team GB Pro Athlete Programme focuses on training, competition and teamwork. Check out fitnessfirst.co.uk for more details.

**APP OF THE WEEK:** If you have gained a few pounds over the summer holidays, there is a personalised app out there that could help you shift your excess inches.

The Beer Belly Blaster, by Kiplan, offers a 12-week personal training plan which is tailored to your lifestyle.

The programme focuses on trimming and toning the belly and improving general fitness levels - and a new version will be available later this month.

It's available for £19.99 at kiplan.com and can be downloaded from the Apple Store.

**TIP OF THE WEEK:** Take up yoga. Eight weeks of it improves physical health, reduces pain, boosts energy levels and mood, according to US researchers at Johns Hopkins Medicine in Baltimore.

Their study, published in the last week, also found that it could be beneficial to people who have arthritis.

**PRODUCT OF THE WEEK:** Brand new This Girl Can T-shirts go on sale today.

Eight per cent of sales go to fund projects that help women be more active.

The T-shirts are available in sizes 6-22 and are priced at £16. See marksandspencer.com to see the whole of the range.

**James Fenwick**  
PRE PREGNANCY WEIGHT: 13st/waist 32  
POST PREGNANCY WEIGHT: 14st 4lb/waist 36

**FORMER fitness fanatic James, 36, lives in Ilford, Essex, with wife Lisa, 33, and sons, Jesse, five, and Jake, 23 months. James, who works as an operations analyst, says:**

"When I had my first child, I was a bit younger and more active. I climbed Snowdonia, did 15-mile bike races and cycled to work each day. The farthest I cycle now is to the local take-away."

Lisa is quite a healthy eater and during her second pregnancy craved only peanuts. So instead of her eating for two, I did. When Jake was born, trying to juggle work and our eldest son left me tired and stressed. I

would often finish his food for him. At work I ate crisps, biscuits and unhealthy snacks. I had big lunches of curries and rice or noodles, then I'd have the slap-up meals Lisa made at home. I feel unfit and unhealthy at the moment, like I'm carrying a baby myself. A shocking moment came when Lisa had to get XL clothes for me instead of my usual large. But I'm in a cycle of comfort eating and don't know how to get out. My torso used to be so ripped but it's not any more. I put my trousers up and tuck in my shirts to try to cover up.



Before

**Luke Mardle**  
PRE PREGNANCY WEIGHT: 9st 7lb/waist 28  
POST PREGNANCY WEIGHT: 13st/waist 36

**LETTINGS consultant Luke is dad to Maisie, four, and Millie, two. The 31-year-old, of Chingford, East London, gets jokes about his weight from wife Claire, 31. Luke says:**

"Every day Claire will ask me if I want to sign up for the gym, or urge me to go for a run. She is fit and active and disappointed I no longer look like I did before the kids. Back in the day I could get into her 26in-waist skinny jeans. Now I'm lucky if I can get into a 36in waist. My weight has crept up since Claire first got pregnant. When I was younger, I could get away with eating what I

wanted but as soon as the kids came along, life was so hectic that any exercise went right out the window. In less than two years, I went from 9st 7lb to 13st. The weight has gone straight to my legs and bum and it's now hard to find trousers that fit. Maisie asks why my bum is so big and says I've eaten too much. My belly puts paid to me wearing my nice old clobber. I've always played football but that hasn't been enough to keep trim. After Maisie, I tried to ride my bike to work, but it only lasted for a few months.



Before

**Gino Francis**  
PRE PREGNANCY WEIGHT: 12st 7lb/waist 32  
POST PREGNANCY WEIGHT: 13st 4lb/waist 34

**GINO, 25, from Manchester, is a part-time security guard and father to three-month-old Elijah. Gino says:**

"My partner Fortia found out she was having a boy at 20 weeks and we were really excited. But each day of her pregnancy she munched two or three choc bars - and I joined in too. It wasn't long before my once-toned tummy was spilling over my jeans. When Elijah finally arrived, Fortia began to lose weight as she breastfed, and she looked great. But I seemed



Before

**Ryan Quincey**  
PRE PREGNANCY WEIGHT: 12st 7lb/waist 32  
POST PREGNANCY WEIGHT: 13st 3lb/waist 34

**ONCE-ripped Ryan, 32, works in finance and lives in Upminster, Essex, with his wife Christine, 32. He is dad to Rosie, 20 months, and is expecting a new addition to his family any day now. He says:**

"Christine always cooks me lovely meals and I always clear my plate - and more. With our second baby due any day now, we're both exhausted and I've slipped into that dangerous territory of enjoying all the fatty foods that my wife craves. After spending the entirety of Christine's pregnancy eating Magnum ice creams, my face is bloated and my



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bottom has become so big it rivals Kim Kardashian's. Recently, I sat at my desk and ripped my trousers because they were so tight. It was so loud, people looked over. It was so embarrassing. I was at my fittest before Rosie was born and in my prime before our wedding and then honeymoon. I went to the gym and played football and tennis but now I just don't know how I'll ever be able to get rid of the baby bulge that I have put on."

**Alex Sibley**  
PRE PREGNANCY WEIGHT: 12st 7lb/waist 32  
POST PREGNANCY WEIGHT: 14st 2lb/waist 34

**EX-MODEL Alex Sibley, 36, is now a property manager. He lives in Gidea Park, Essex, with wife Sonia, 32, and girls Sienna, one, and Saskia, two weeks. He says:**

"Sonia was very careful with her diet when pregnant with Sienna. We had paid for IVF, then she got pregnant naturally. We were strict with what we ate during that pregnancy. But when Sienna was nine months, Sonia got pregnant again and this time we were more relaxed with our food. We would sit watching films, eating sweets and drinking Coke - I hate to think how many calories I



Before

was consuming. But a sugary treat now and again soon escalated. Sonia began craving McDonald's burgers, and I'd join in. Sometimes we'd have pizza and kebabs. We were both tired and fast food was the easy option. It all contributed to my muffin top and, when I weighed myself, I had put on more than a stone. I know Sonia thinks my face is lovely but she is disappointed with my belly. I've just started a vegetable soup diet in the hope I can shift some of the flab."