

How Did Beyonce Prepare for Her Daughter's Birth?



Beyonce, recently named the Most Beautiful Woman, may have only given birth to her baby girl Blue Ivy a few months ago, but she's already shedding the baby weight . Before the diva went to the hospital for the one of the biggest debuts of her life, she got ready for her performance with a fresh mani-pedi and an eye brow wax, but she says that when the moment came, all she and her husband Jay-Z cared about was the birth of their miracle. After their new baby girl came into the world, the singer was ready to bounce back, and she began a strict diet and workout schedule. "I'm proud that my waist came back so fast. I'm proud of that and happy, but that was mostly from the breastfeeding," the singer explained to [People](#). "I lost most of my weight from breastfeeding and I encourage women to do it; It's just so good for the baby and good for yourself."

What are some ways to prepare your body for birth?

Cupid's Advice:

Painting the baby's room and baby-proofing the house are all important, but what's more important is preparing your own body for the birth of your child. You'll be glad you did so you're more prepared for labor, and it will be easier for you to shed the pounds after. Cupid has some tips:

1. Give up bad habits: There's no sense in taking the slightest risk when it comes to your baby's health, so throw out the cigarettes and remove the alcohol from your home. Avoid going to places like bars where you'll be inhaling toxins that are bad for you and your growing baby.

2. Eat right: It's important to maintain a wholesome nutritious [diet](#) and ditch the fast food burgers. You're going to want to get a good daily intake of a variety of proteins, vegetables, fruits and grains. Trying organic food to avoid any toxins and pesticides is also a good idea, but feel free to indulge your cravings once in a while.

3. Stay fit: Exercise will help you in a variety of ways. It will help you stay fit, which will also give you good circulation, reduce stress, and give you endorphines to make you happy. Exercising regularly will also make you tired at the end of a long day and a good night's sleep will rest and rejuvenate your body.

How did you shake your baby weight? Share your comments below.