



**Bellefit has the industry's first postpartum recovery garments sewn using 10 medical-grade panels made of high-quality premium fabrics**

**adaptable compression | hypoallergenic | micro-porous**

Bellefit's one-of-a-kind design combines exceptional support by adapting to a woman's unique contour and providing adjustable compression in the front panel by supporting the rectus abdominis thus reducing uterus swelling. Its back panel also integrates back support and improves posture. Its hypoallergenic fabric prevents skin rashes and its micro-porous design allows the skin to breathe therefore keeping it fresh, dry & comfortable. Wearing Bellefit® provides security, modesty, and exceptional comfort with its accessible closure, padded areas and snug but non-restrictive fit. Its premium medical-grade material will make you feel comfortable and self-assured, rather than awkward in an abdominal binder. All the side seaming is smooth and non-irritating so you can continue to wear it during your extended recovery.

- \* Back Pain Relief
- \* Spinal Realignment
- \* Abdominal Support
- \* Lymphatic Drainage
- \* Organ Repositioning
- \* Posture Improvement
- \* Ligament Stabilization
- \* C-Section Incision Healing



LEARN MORE AT  
[WWW.BELLEFIT.COM](http://WWW.BELLEFIT.COM)

304 INDIAN TRACE, SUITE 216  
WESTON, FLORIDA 33326  
1.888.894.2951



FOR MORE INFO VISIT OUR ONLINE STORE

[WWW.BELLEFIT.COM](http://WWW.BELLEFIT.COM)




**BELLEFIT**  
M A T E R N I T Y

C-SECTION & NATURAL BIRTH

**CHILDBIRTH RECOVERY**

POST-PREGNANCY GIRDLES & CORSETS

**BELLEFIT** combines comfort with advanced design implemented with a woman's childbirth recovery in mind.  VISIT OUR ONLINE STORE: [WWW.BELLEFIT.COM](http://WWW.BELLEFIT.COM)

**MATERNITY ABDOMINAL LUMBAR SUPPORT BELT (PRENATAL)** for lower back & pelvic pain

Postural alignment is greatly affected as a baby grows larger in the womb. The pelvis tips forward to counterbalance the baby's weight, which causes the pubic bones and tailbone to move backward, increasing the arch in the lower spine and creating inward curvature. To make pregnancy time more comfortable and to improve posture, Bellefit® offers help with our Maternity Abdominal Lumbar Support Belt.

- \* Mitigates pressure on back, legs and bladder
- \* Provides support for daily activities
- \* Prevents overstretching of the skin
- \* Reduces possibility of stretch marks
- \* Easy to put on and take off
- \* Wear starting the 20th week of pregnancy

**POSTPARTUM RECOVERY GIRDLES & CORSETS** for c-section & natural birth

The growing fetus can stretch the rectus abdominis (muscles that run vertically on either side of the abdomen) as much as 50%. Still present after childbirth are hormones secreted during pregnancy such as estrogen, progesterone, and relaxin, which loosen the abdominal muscles, the pelvic structure, and supporting ligaments and joints. A Bellefit support garment can offer greater stability to a woman's body after delivery. The garment acts to retract the body by drawing in stretched muscles and providing 360° structure to the torso, subsequently reducing strain on ligaments and joints in the lower back, pelvis, and buttocks. Reducing stress in these areas enhances the body's ability to return to its pre-pregnancy alignment and shape. Additionally, as shifted and constrained organs return to their pre-pregnancy locations, the wearer of a Bellefit garment will feel held in place and more confident in her body movements.

**HOW DO I MEASURE MY SIZE?**

You can choose your size post-pregnancy or during pregnancy, after the 36th week. Measure around the largest part of your buttocks and hips using a measuring tape. If your pre-pregnancy jeans were size 8-10, you will need a medium postpartum girdle or corset. If you gain more than 33 pounds during pregnancy, you may need one size up.



SIZE-CHART	SIZES	HIP CONTOUR (INCHES)
	XS / 0-2	32.5" - 36.5"
	S / 4-6	37" - 39.5"
	M / 8-10	40" - 43"
	L / 12-14	43.5" - 46"
	XL / 16-18	46.5" - 49.5"

**PRENATAL SUPPORT BELT**



**POSTPARTUM C-SECTION CORSET**



**POSTPARTUM NATURAL BIRTH GIRDLE**



**MADE OF POLYAMIDE AND ELASTANE VELCRO™ CLOSURE FOR EASY FASTENING AND RELEASE** ALLOWS YOU TO REMAIN ACTIVE THROUGH THE THIRD TRIMESTER • WEAR OVER OR UNDER CLOTHES LATEX-FREE **DOCTOR RECOMMENDED**

**PROVIDES SUPPORT TO LOWER ABDOMINAL TISSUE • AIDES IN FASTER HEALING PROCESS** IMPROVES POSTURE • HELPS REDUCE SWELLING WITH SAFE COMPRESSION • HELPS LOSE INCHES FASTER • DOCTOR RECOMMENDED • CONVENIENT FLAP WITH HOOKS DESIGN ALLOWS EASY ACCESS • MICRO-POROUS FABRIC ALLOWS SKIN TO BREATHE • STAYS IN PLACE AND OFFERS OVERALL SUPPORT AS YOU MOVE ABOUT