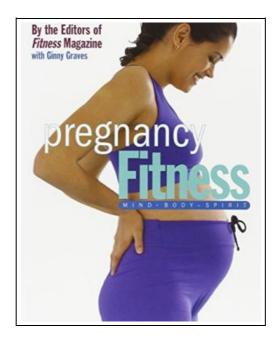
## Pregnancy Fitness (Paperback)



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## Reviews

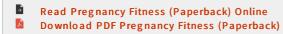
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## PREGNANCY FITNESS (PAPERBACK)



Random House USA Inc, United States, 1999. Paperback. Condition: New. Language: English. Brand New Book. Pregnancy Fitness, by the experts at Fitness Magazine, provides expectant mothers with all the information they need to exercise safely and effectively throughout their pregnancy. Whether you re a hard-core triathlete or just starting a fitness program for the first time, proper exercise can ensure a healthier pregnancy, an easier delivery, and a faster recovery. Pregnancy Fitness guides you carefully through every trimester, covering the physical changes and common complaints for each one, from shortness of breath to dizziness to morning sickness. In each section, chapters on Cardiovascular Fitness and Getting Stronger help you develop the aerobic capacity and muscles to carry your growing child with greater comfort and prepare you for labor. Illustrated exercises show you how to enhance flexibility, build strength, and relieve pain as your pregnancy progresses. QAs throughout the book cover specific concerns: Can I continue running in the second trimester? Can I lift more than ten pounds? And How to Cope sidebars address common conditions from swollen joints and sleep problems to cravings and gestational diabetes. Based on the latest medical research and designed for women of every fitness level, Pregnancy Fitness is the ideal and essential exercise resource for every mother-to-be.



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